

Paris by Pastry takes the reader to the very best pastry shops in every neighborhood, many where tourists haven't yet visited. It is an educational guide where tourists learn that if one wants the best pastry, it must be bought and carried to the Louvre or Champs-Elysees areas where little residential grocery shopping takes place. The book describes the French who do not plan for a pastry, a coffee, and a seat in one place. PARIS BY PASTRY is designed to help the tourists to get what they want when they want it.

## Paris by Pastry:

# Stalking the Sweet Life on the Streets of Paris

by Joyce Slayton Mitchell and Beverly A. Thomas

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### Paris by Pastry

**Stalking the Sweet Life** 

On the Streets of Paris

Joyce Slayton Mitchell and Beverly A. Thomas

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#### **Dedication**

Paris by Pastry is dedicated to all of you who soon will be stalking the sweet life on the streets of Paris. Dear reader: Take your time. Choose carefully. Take a bite. Savor it. Swallow before you take the second bite. Regarde. Goute

Apprecie – amuse-toi!

Georgette et Jeanette, a.k.a.

Joyce Slayton Mitchell and Beverly A. Thomas

Paris, France

2012

#### **Contents**

Preface	i
Introduction	V
Paris Prizes: Top Attractions	9
The Cathedral of Notre-Dame	
Place du Louvre, in the Tuileries	19
Jardin du Luxembourg	29
Champs-Elysées	39
Musée d'Orsay	48
Tour Eiffel	51
The Pastry Hunt Stalking the Delicious	68
Place de la Contrescarpe	
Rich Hunting Ground: The 7th Arrondissement	
L'Histoire de Georgette et Ses Trois Pièces de Monnaie	
Félix Faure	
Montparnesse	
Parc des Buttes-Chaumont	
Place de la St-Georges	122
Expédition de Françoise	
Paris Prizes More Top Attractions	137
Arc de Triomphe	
Monmartre	
Centre Pompidou	
La Madeleine	
Place de l'Opéra	
Place des Vosges	
Parc Monceau	183

Seine-à -Seine A Fourteen-Metro-Stop Special Pastry	y Line
	190
Stop #1: Javel	
Stop # 2: Charles Michels	
Stop # 3: Emile Zola	
Stop #4: La Motte-Picquet-Grenelle	
Stop # 5: Ségur	
Stop # 6: Duroc	
Stop #7: Vaneau	
Stop #8: Sèvres-Babylone	
Stop # 9: Mabillon	
Stop # 10: Odéon	
Stop # 11: Cluny	
Stop # 12: Maubert	
Stop # 13: Cardinal Lemoine	
Stop #14: Jussieu	
The International Association of Master Pastry Chefs.	252
Aux Peches Normands	
Le Triomphe	
Jean Millet	
Paris Prizes According to Jeanette et Georgette	279
Musée Marmottan	
Musée Rodin	
Palais de Tokyo	
Musée d'Art Moderne de la Ville de Paris	
Bibliothèque Nationale	
Marché aux Puces de St-Ouen	
Palais de la Bourse	
Père Lachaise	
Cité Universitaire	

Galeries Lafayette	326
Bateaux-mouches	328
Alliance Française	
About the Authors	338

#### The Pastry Hunt

#### **Stalking the Delicious**

Every state in America has hunting and fishing laws, regulations, and customs. For example, in the Vermont Digest of Fish & Wildlife Laws, you can find the length of season, the legal hunting or fishing method, the minimum size, and the daily limit of game or fish for each season. For instance, it says that the deer season is from November 11 to 26. "One deer with at least one antler no less than three inches long may be taken on the hunting license. A firearm or bow and arrow may be used. Shooting hours are one half hour before sunrise to one half hour after sunset. A person shall not take a swimming deer from any lake, pond, river or other body of water."

Over the years of stalking traditional pastries and trapping the rare species (the Parisians' neighborhood pâtisseries), Jeanette and Georgette have learned the customs and habits of the French pastry-hunters. First of all, tous (all) Parisians have a license and pastry-hunting skills. Second, the only legal method for stalking, catching, trapping, and bagging pastries, is by purchasing them with euros. Third, the Parisian law says there is an "open season" which means no closed season, but on the other hand, J. et G. have found that Sunday afternoons, Mondays, and the month of August might as well be a closed season, because most pâtisseries are closed on those days. There is no law against buying pastries at any hour, although most shops close for lunch from 1 PM until 3 PM and for the evening at 7 PM. However, Jeanette and

Georgette, the original pastry-stalkers, located a few pâtisseries open twenty-four hours a day, seven days a week!

There is no minimum length or weight for pastries captured on the hunt. There is no law stating a daily limit. However, once again, Jeanette and Georgette have learned that for most pastryhunters, there is a limit of consumption. While the consumption limit of J. et G. is no more than one-half a pastry every two hours from 7 AM to 9 PM, they realize that some people are bigger and younger (none walk more!) than they, and perhaps those hunters may want to double the limit, providing themselves with one whole pastry every two hours. Habit and individual custom will be more important than law on this aspect of the pastry hunt. There are also those hunters who would rather shoot the pastry by

camera than to trap it by eating. Again, it will be an individual matter of custom and habit. Whatever your interest in "The Pastry Hunt: Stalking the Delicious," Jeanette *et* Georgette have created a list of

#### **Essential Hunting Gear**

- 1. Paris by Pastry, one copy
- 2. Metro card, available by week or month
- 3. Map of Paris
- 4. Bottle of water
- 5. Discerning eye
- 6. Bon appétit
- 7. Well-sharpened scent sense
- 8. Bottle of adventurous spirits

#### 9. Curious taste buds

#### 10. Decision-making skills

#### 11. Comfortable shoes

The first trip for beginning pastry-hunters will take you to the 13th arrondissement to learn how to spot the signs, sniff the scent, feel the anticipation of the catch, and devour the trophy. Now who in the world do you know who has ever started out their exploration of Paris in the 13th? Paris by Pastry will make a professional Paris explorer and champion pastry-hunter out of you, while your amateur friends get their just desserts only in restaurants!

Paris by Pastry

Pâtisserie Sainte-Anne

193, rue de Tolbiac, Paris 13

Metro:Tolbiac

Ouverture (open!) sans (without) interruption 7 AM to 8 PM

Non, Le Moulin des Prés, also on Tolbiac is not it! Even though

the traditional painted tiles of bakers and wheat at that corner

boulangerie-pâtisserie are traditional and interesting, you are

hunting the best trophies, and you will not be disappointed when

you finally get to Sainte-Anne!

Delivering a gift for Carol Scheer, an American friend, to an

address where they had never been or heard of, Jeanette and

Georgette eagerly accepted their fate to look for the providential

pastry shop on the corner of rue de l'Espérance (hope) and rue de

73

la Providence (divine foresight) when they came upon this beautiful little pastry shop, one of the very few that are open on Mondays. Jeanette spotted a handsome church, Ste-Anne de la Maison, standing isolated on a little isle at the corner of Tolbiac and Charles Fourier, right across from the pâtisserie. The shop was filled with exquisite pastries, including a wonderful-looking tarte princesse aux poires (puff pastry layered with fresh stewed pears, covered with a cream and meringue combination, topped with a meringue, and decorated with caramelized rosettes), a tarte coup de soleil (a pear cream with pear liqueur in a pastry, topped with meringue), a tarte au citron (lemon tart—a lemon custard in a pastry shell topped with a sliver-thin slice of lemon; notice whether there is a thin layer of gelatin covering the lemon mixture—it's best without it), a gâteau au chocolat américain

(chocolate cake sprinkled with cocoa), and all kinds of fruit tarts.

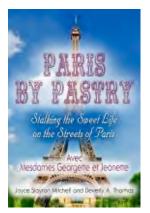
J. et G. didn't resist the charlotte aux framboises (raspberry charlotte) to carry across the street to the steps of Sainte-Anne.

#### **Charlotte aux Framboises**

In America, we usually make a charlotte with ladyfingers; in Paris, they are made with a thin layer of sponge cake lining each individual serving. The filling is a combination of whipped cream, meringue, fresh fruit, and gelatin. The pastry is refrigerated until solid, and then topped with a thin layer of sponge cake and sprinkled with powdered sugar. Eating this delectable culinary creation on the steps of Sainte-Anne, looking out at this new neighborhood, Jeanette and Georgette were

amazed that no matter where their pastry hunt takes them in Paris, pastry and visual treasures are most definitely to be found.

Paris pastries have even more going than the magnificent shops, the anticipation of the taste during the hunt, the excitement of the selection, the satisfaction of the taste—just wait, dear reader, until you experience the aesthetics of the wrapping! You will know you are in a European culture when you watch your individual pastry being prepared to take with you. The wrapping paper will be folded in such a way that it looks like an upside-down cone no tape is used, no staples, no bag, sometimes a string on top to carry it with; otherwise you just carry it by the tip of the top. Once you have carried your own wrapped pastry away to your beautiful spot for eating, you will begin to notice the French carrying their pastries home or to the park. You want to know and feel the French culture? Then you must know the sight on the street of the cone-shaped, wrapped pastry. Forget the Tour Eiffel—watching your Paris pastry being wrapped *is* Paris!



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