Bonjour et bienvenue au Café France. I hope you are excited to learn about French food! Before we get started today, it is necessary to share some background information on France and how to say the names of the directions you will find on a French map.

First, take a look at the compass. In French, the word for north is “nord” repetez s’il vous plait, “nord.” Bien fait!

East in French, though spelled e-s-t, is pronounced “est.” Repetez, “est”.

South is “sud.” Repetez, “sud”.

And finally, west is “ouest”...try that one more time, “ouest.” Pas mal!

Now, before we take you on a tour of some of France’s regional cuisine, let’s familiarize ourselves with the map of France by looking for the regions used in today’s lesson. We will say a region, and you will click on its name on the map. Feel free to pause and rewind as often as you would like.

First is the region “L’Alsace.” L’Alsace est a l’est de la France. Click on Alsace.

Next is “La Lorraine.” La Lorraine est dans l’est de la France à coté d’Alsace.

The next region is la Bourgogne. La Bourgogne est sud-ouest de la Lorraine, and near the center of the country.

Ok, try finding the following region, the Rhone-Alpes region. If you are looking dans l’est, near Switzerland, you are in the right place!

Now, let’s search for one region with two distinct personalities dans le sud de la France. First, click on “Provence.” Good. Now click on “La côte d’Azur,” as we will be talking about these two areas separately.

Finally, look for Languedoc-Roussillon dans le sud de la France. Click on this region.

Excellent! You are now ready to discover the flavors of these regions!

A bientôt!