



Marie Mérie in the Le Miroir hamlet.



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# Epicurean delights

Sainte-Foy-Tarentaise is already well known for its off-piste skiing, its preserved nature and beautiful chalets. Aficionados of good eating know that the resort also has some very good eating places. From alpine chalets preparing dishes like grandma used to make to haute-cuisine restaurants there is something for all tastes.

In its postcard style setting, a snowball's throwaway from Tignes and Val d'Isère, the resort of Sainte-Foy-Tarentaise came into being in 1990. It has now established itself on the winter sport's scene. Since the beginning of the new century the accommodation of the resort has increased significantly and it now has over 2,000 beds in top-quality hotels and gîtes. Famous for its off-piste sites the resort is now improving its skiing area which, from this season on, will be able to boast a freeride area allowing enthusiasts to indulge themselves in a specially protected but non-prepared area. In addition, next year should see the

and a new 6-seat chairlift. The village also continues to improve its services and facilities. Most people would agree that being able to eat out well is an essential part of a good holiday and Sainte-Foy can now boast to have several excellent eating establishments. The Chez Mérie restaurant for example in the Le Miroir hamlet was in place long before the creation of the resort. In this beautifully restored Savoyard farmhouse Marie uses forgotten Savoyard flavours that guests, who have often come from afar off-piste, take their time to savour. La Grange du Monal is another eating place much appreciated by lovers of fine food. Located

the hotel of the same name. Yves Marmottant and his chef Emmanuel Couellier offer home style decor, with exquisite cooking and delicious grilled meats on a wood fire. Dishes include grilled loin of pork à la pancetta, veal sweetbread with chanterelle and quince and orange with génépi. Two years ago the owner added a wine bar which has become much appreciated by regulars.

## Keeping it simple

La Bergerie, created by Dirk and Jeanette Kopperdraat and led by a young motivated staff, is the new name to note in the eating out diary. "We serve an international cuisine with a Savoyard influence", says Rolf

Dreijen who runs the gastronomic restaurant. Stéphane Baudic, the chef, demonstrates real inspiration with dishes like lobster duo and iced crayfish in champagne, the house duck foie gras with caramelised pears, filleted arctic char and Emperor black rice. Here also the setting has been meticulously studied with a white wood bar, the main dining room in dry stone walls, a huge stone chimney, large rustic tables and subtle table ware in brick hues which harmonises with the large aprons worn by the multi-lingual waiters.

Alongside these elegant eating places in Sainte-Foy there are also restaurants whose style is more familial style but which

are no less interesting. The hundred year old Les Brevettes chalet on the ski slopes welcomes tourists and those working in the resort at the four tables simply laid out by Nico and his staff. Here there is no stinginess with the size of the portion whether it be an omelette from the pan, soup or facron - a speciality based on potatoes and bacon morsels. All dishes are guaranteed to satisfy the most demanding of appetites. Further along on the slopes, at Chez Léon, Jacky offers family style cooking in a cosy chalet. Gratins prepared with real cream and good cheese, diot sausages, soups and a wide range of cakes and goodies. Another institution is La maison à Colennes. It is a two hundred year old farm whose customers come from well beyond Sainte-Foy. Taken over 5 years ago by William Tiroufflet it is a brasserie at midday and a traditional restaurant in the evening. Its specialities are typically Savoyard including raclette, tartiflette and pierrade. Here the atmosphere is guaranteed to stimulate, often prompting customers to break into song. Reservations are strongly recommended.

► Sophie Chanaron

To contact on the above establishments call the Tourist Office on 04 79 06 95 19