



GOURMET AUVERGNE WITH A DIFFERENCE

Three destinations breaking new



People tend to form a picture of Auvergne via its cold meats and cheeses. Strong and wild by nature, Auvergne also has a tendency towards the unexpected! **Reinventing culinary delights**, and revitalisation as a way of leading a healthy lifestyle whilst sourcing locally: this is what counts at Ana'chronique – the centre for resources and experiments in nutrition, food and domestic ecology –, the Cru en elle concept and Le N3's cooking using Vichy Célestins natural mineral water.

Ana'chronique



A haven of peace and revitalisation!

Cru en elle



Eat here and you'll be raving about all things raw!

Le N3



Award-winning, spirit-lifting food!



For fans of all things raw!



Ana'chronique, an experiment in food

LE N3

Orchestrated by Christophe Vauthier, the cuisine at Le N3 is intended to be **Nouvelle, Nutritional and Natural**. "We are the only place which serves this kind of health food to the general public". Controlled with seasonings and low temperature cooking, used in poaching, for reducing sauces, for diluting veloutés and soups, for herbal decoctions and infusions etc., **cooking with Vichy Célestins natural mineral water** was awarded a trophy by the European Spas Association. As well as aiding digestion by neutralising acidity, it makes mousses and sorbets lighter, as well as choux pastry and macaroons crunchier.

ANA'CHRONIQUE

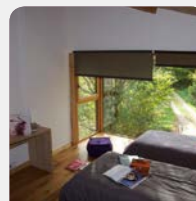
In Livradois-Forez, art historian and naturopathic nutrition specialist Élisabeth de la Fontaine has found a means of alternative living, "of embodying a type of coherence, **and of successfully running a project which respects living things**". Ana'chronique is a former farm which has been renovated using methods and materials that show an awareness of the past, as well as of existing resources and of those we will have in the future, all set in 5 hectares of farmland and meadows. A shore on which to alight and to rest, where "everyone will find the right thing to feed their curiosity", with discovery evenings, workshops and training courses covering all sorts of topics, as well as a B&B in which some truly novel culinary delights are waiting to be enjoyed!

CRU EN ELLE

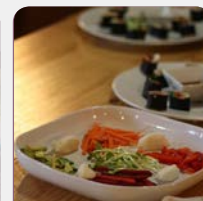
Marlène Chatellier is the creative force behind the concept of Cru en elle. Trained in the art of "raw cuisine" at the Matthew Kenney Academy, she has opened **a raw food restaurant and runs raw food workshops** on the Stevenson Way in France. "Healthy, logical eating which makes sense both ethically and environmentally". Live food invigorated by home invention, sunflower pâté, cashew nut terrine, onion/buckwheat, grape and rosemary "Croquécrus", "Fauxmage" non-dairy cheese made with cashew nuts and fines herbes, chia tapioca, raw chocolate tart etc, along with organic almond, cinnamon, ginger and hemp tea.

"Delicious and well thought-out, low fat food. A more educational approach to nutrition. Cooking methods that are rooted in our reality."

FIND OUT MORE



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Cru en elle
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Le N3
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