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# veg *in* Paris

BY BEATRIZ DA COSTA & MARY MARGARET CHAPPELL

*Veggie, végan, vitalité*—the trend for veg-friendly restaurants, shops, and cafés has taken hold in Paris, creating new options for travelers to the City of Light.

**The dollar is up, airfare is down,** and that means there's no better time to take that trip to Paris you've been dreaming of. From the heart of the Bastille quarter to the lesser-known outer arrondissements of the city where everything looks like a scene from *Amélie*, Paris is teeming with vegetarian and vegan options that are simply *splendide*.

With the help of some trend-setting veg Parisians, we've put together this comprehensive guide of the very best places to eat, shop, stay, and explore in the French capital. And if you can't travel to Paris this year, the recipes from three of our favorite eateries will give you a taste of the wonderful things waiting for you when you do get to go.

PHOTOGRAPHY: BEATRIZ DA COSTA



Clockwise from left: The view down Rue du Faubourg Poissonnière; Hobbes chef Julie Bavant; outside the Café Pinson on Rue du Faubourg Poissonnière; inside Hobbes



# Hobbes

31 AVENUE SIMON BOLIVAR,  
75019 PARIS

**HOBBS.FR**

## Socca Niçoise

SERVES 6

Chef Julie Bavant of Hobbes plays with contrasting temperatures and textures to turn a simple chickpea pancake from the South of France into a light, healthful meal.

### SALAD

- 6 tomatoes, cut into chunks (5 cups)**
- 2 small red onions, cut into thin rings (2 cups)**
- 1 medium green bell pepper, cut into thin strips (1 cup)**
- $\frac{1}{4}$  cup cilantro leaves**
- $\frac{1}{4}$  cup thinly sliced fresh basil leaves**
- 2 Tbs. olive oil**
- 1 Tbs. sherry vinegar**

### SOCCA

- 3 cups chickpea flour**
- 4 Tbs. olive oil, divided**
- 1 tsp. salt**
- 1 pinch ground turmeric**

**Freshly ground black pepper,  
for sprinkling**  
**Fleur de sel, for sprinkling**

- 1 |** To make Salad: Toss together tomatoes, onions, bell pepper, cilantro, and basil in large bowl. Set aside.
- 2 |** To make Socca: Pour 2 cups cold water into medium bowl. Gradually whisk in chickpea flour, and whisk 2 to 3 minutes, or until batter is smooth. Whisk in 2 Tbs. oil, salt, and turmeric.
- 3 |** Coat large non-stick skillet with 1 tsp. oil, and heat over medium heat. Pour in  $\frac{1}{2}$  cup of batter to cover entire skillet bottom by  $\frac{1}{16}$  inch. Cook 5 to 7 minutes, or until batter begins to brown. Flip, and cook 5 to 7 minutes more, or until browned and firm. Transfer to baking sheet, and place in oven to keep warm. Repeat with remaining batter.
- 4 |** Just before serving, toss Salad with oil and vinegar, and season with salt and pepper, if desired. Sprinkle each Socca with pepper and fleur de sel, and serve with Salad.

**PER SERVING (1 SOCCA AND 1 CUP SALAD)**

**345 cal; 12 g prot; 17 g total fat (2 g sat fat);  
37 g carb; 0 mg chol; 476 mg sod; 8 g fiber;  
11 g sugars**  



## THE VIBE

Take a publication executive, an organic grocery entrepreneur, and a dynamic chef trained in one of Paris's top restaurants, give them a space in an up-and-coming neighborhood, and you get Hobbes, a bright, cheery gourmet eatery that draws diners from all over the city.



*Clockwise from top: Outside Hobbes;  
the restaurant version of Socca Niçoise;  
inside Hobbes; Hobbes chef Julie Bavant;  
Socca Niçoise*



## Vive le Brunch!

Brunch is a big deal in Paris these days, with restaurants and cafés expanding their daytime hours to accommodate the morning-to-mid-afternoon meal. All of the restaurants mentioned here (and many more) have become popular brunch spots, so be sure to make a reservation if you want to get a table.

# Welcome Bio

10 RUE BOULLE, 75011 PARIS

**WELCOMEBIO.FR**

## Savory Cheesecake with Beets and Red Cabbage

SERVES 16

Welcome Bio's Martine Fayolle makes this creamy, tangy cheesecake with sheep's milk crème fraîche.

### CHEESECAKE

- 8 oz. crème fraîche
- 4 oz. blue cheese
- 1 lb. low-fat ricotta cheese
- 5 large eggs
- 1 Tbs. plus 1 tsp. white rice flour
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ cup chopped walnuts

### CABBAGE


- 1 small head cabbage thinly sliced (7 cups)
- 2 lb. beets, peeled and sliced
- 1 large red onion, chopped (2 cups)
- ¼ cup olive oil
- ¼ cup orange juice
- 2 oz. fresh ginger, minced
- 2 Tbs. lemon juice
- 2 cloves garlic, minced (2 tsp.)
- 1 cube vegetarian bouillon
- ½ tsp. ground coriander
- 1 stalk fresh rosemary
- 1 bay leaf
- 1 pinch cayenne pepper

**1** | To make Cheesecake: Preheat oven to 350°F. Line 11-inch cake pan with parchment paper, and coat with cooking spray.

**2** | Whisk together crème fraîche and blue cheese in large bowl until smooth. Whisk in ricotta, then eggs, rice flour, salt, and pepper. Fold in walnuts. Pour into prepared pan, and bake 35 minutes, or until tip of knife comes out with firm, but moist coating. Cool, then unmold.

**3** | To prepare Cabbage: Preheat oven to 375°F. Toss together all ingredients and 1½ cups water in large bowl. Divide between two baking dishes, and roast 30 minutes, or until vegetables are tender.

**4** | Cut Cheesecake into 16 slices. Serve each slice with ¼ cup Cabbage.

**PER SERVING** 229 cal; 9 g prot; 16 g total fat (7 g sat fat); 13 g carb; 93 mg chol; 293 mg sod; 3 g fiber; 7 g sugars 



**THE  
VIBE** Chef

Martine Fayolle strolls across the street from her open kitchen at Welcome Bio restaurant to the organic grocery of the same name to “shop” for ingredients she will turn into luscious lunch offerings.



*Clockwise from top: Inside Welcome Bio; chef Martine Fayolle shows off a spread; the restaurant version of Savory Cheesecake; outside Welcome Bio*



## Café Pinson

67 RUE DU FOREZ, 75003  
58 RUE DU FAUBOURG  
POISSONNIÈRE, 75010  
19 RUE DE CHAILLOT, 75016  
PARIS

[CAFEPINSON.COM/ENGLISH-DIGEST](http://CAFEPINSON.COM/ENGLISH-DIGEST)

### Raspberry-Pistachio Tartelettes

MAKES 8 TARTELETTES

A hot item at Café Pinson, these gorgeous little pastries are well worth the time for their wow factor.

#### DOUGH

- 1 cup white rice flour
- ½ cup confectioners' sugar
- ⅓ cup almond flour
- 5 Tbs. cornstarch
- ¾ tsp. xanthan gum
- 6 Tbs. cold vegan margarine, cut into small pieces
- 1 large egg, lightly beaten

#### FRANGIPANE

- 1 large egg
- ¼ cup light brown sugar
- 1 Tbs. vegan margarine, melted
- 1½ Tbs. cornstarch
- 2 Tbs. pistachio paste
- ½ cup almond flour
- 4 cups fresh raspberries (about 90)
- ½ cup unsalted pistachios, crushed

#### PASTRY CREAM

- 1 large egg
- 2½ Tbs. white rice flour
- 2 Tbs. sugar
- 5 oz. unsweetened almond milk
- ¼ tsp. vanilla extract

**1** | To make Dough: Combine rice flour, confectioners' sugar, almond flour, cornstarch, and xanthan gum in bowl of stand mixer or food processor; mix or process until combined. Add margarine, and mix or process until mixture resembles sand. Beat or pulse in egg until dough forms. Shape into disk, and refrigerate 1 hour, or overnight.




**2** | To make Frangipane: Beat egg in medium bowl. Beat in brown sugar, margarine, and cornstarch. Beat in pistachio paste and almond flour. Set aside.

**3** | To make Pastry Cream: Whisk together egg, rice flour, and sugar. Bring almond milk to a boil in small saucepan. Whisk almond milk into egg mixture. Return to saucepan, and cook over medium-low heat 30 seconds to 1 minute, whisking constantly, or until cream coats spoon or spatula. Transfer to bowl, stir in vanilla, and cool.


**4** | Preheat oven to 350°F. Roll out Dough on well-floured work surface, and cut into 6-inch circles. Press circles into 5-inch tart pans. Spread Frangipane over bottom of each tartelette, and bake 10 to 15 minutes, or until light brown. Cool, and unmold.

**5** | Divide Pastry Cream among tartelettes. Top with raspberries and crushed pistachios.

**PER TARTELETTE** 445 cal; 9 g prot; 23 g total fat (5 g sat fat); 56 g carb; 70 mg chol; 155 mg sod; 7 g fiber; 22 g sugars 

**➔ THE VIBE** Since opening in 2012, Café Pinson has grown from a single chic restaurant in the Marais quarter to three locations around Paris. The organic wheat- and dairy-free dishes reflect owner Agathe Audouze's food preferences and passions; most offerings are vegan as well.





*Clockwise from top left:*  
Café Pinson's menu;  
inside the restaurant;  
the restaurant version of  
Raspberry-Pistachio Tartelettes;  
outside the Café Pinson on  
Rue du Faubourg Poissonnière;  
the coffee shop menu



## STORMING THE BASTILLE

Vegetarian and vegan hot spots are taking over the Bastille-République area of Paris. Many of the best veg addresses are within walking distance in neighborhoods adjacent to the Place de la Bastille and Place de la République, including Le Marais, and the Canal Saint-Martin.



Brasserie Lola



Café Pinson

## WHERE TO EAT

### Brasserie Lola

[facebook.com/brasseriellolaparis](https://facebook.com/brasseriellolaparis)  
99 Rue du Théâtre, 75015 Paris

Paris's first vegan brasserie is the real deal with café tables, a zinc bar, and service all day long. Order the croque monsieur with a glass of organic wine, or sit outside and sip vegan hot chocolate as you watch the world go by.

### Gentle Gourmet Café

[gentlegourmetcafe.com](https://gentlegourmetcafe.com)

24 Boulevard de la Bastille, 75012 Paris

The Gentle Gourmet is a familiar name in Paris's veg circles. Owner Deborah Brown-Pivain ran a vegan B&B of the same name for years until she and her daughter Caroline Pivain Quan-Ngoc launched their bistro. Stop in for lunch or dinner, or pick up a prepared picnic, then stroll along the nearby Seine.

### My Kitch'n

[mykitchn.fr](https://mykitchn.fr)

82 Rue Lemerrier, 75017 Paris

Owner Jenny Eric recently moved My Kitch'n from the Batignolles covered market to a dedicated restaurant space nearby—the better to serve her growing fan base. At night, the 20-euro prix fixe menu is a healthful, veggie-laden steal.

## INSIDER PICKS

### Pousse-Pousse

[poussepousse.eu](https://poussepousse.eu)

5 Rue Notre-Dame de Lorette, 75009 Paris

Lawrence Aboucaya recently bumped Pousse-Pousse up from the small boutique and juice bar she's run for 12 years to a spacious restaurant where her vegan, gluten-free fare gets its glorious due. Be sure to order the crackers and the spiced raw chocolate cake, two of the restaurant's trademark dishes.

### Soya Cantine Bio

[facebook.com/soyacantinebio](https://facebook.com/soyacantinebio)

20 Rue de la Pierre Levée, 75011 Paris

Leading the way in haute veg cuisine since 2007, the spot serves a weekend brunch buffet that attracts fans citywide.

## WHERE TO SHOP

### ChocoLatitudes

[chocolatitudes.com](https://chocolatitudes.com)

57 Rue Daguerre, 75014 Paris

Need gifts to take to folks back home? Stop by Laurence Alemanno's shop in the Montparnasse neighborhood for a fantastic selection of ethical, raw, and vegan chocolates.

### Carmen Ragosta Mode et Cuisine

[carmenragosta.com](https://carmenragosta.com)

8 Rue de la Grange aux Belles, 75010 Paris

Prêt à porter meets cruelty-free style in Carmen Ragosta's eponymous boutique. The designer also operates a vegetarian restaurant in the store at lunchtime.

### Organic "Bio" Groceries

Organic grocery chains such as Biocoop, Bio c' Bon, Naturalia, Les Nouveaux Robinson, and La Vie Claire often carry organic textiles, eco-friendly cooking equipment, and cool gifts.

### Organic Farmers' Markets

[marches-bio.org](https://marches-bio.org)

The biggest and best-known organic markets in Paris are Batignolles (Saturday mornings) and Raspail (Sunday mornings). Go to feast your eyes on local produce, and grab a bag of some of the first berries of the season.

### Un Monde Vegan

[unmondevegan.com](https://unmondevegan.com)

64 Rue Notre Dame de Nazareth, 75003 Paris

This shop has a Mecca-like status among veg Parisians. Stop in to score some of the latest plant-based foods France has to offer.

## INSIDER PICKS



Café Pinson



Le Citizen Hotel  
du Canal Paris



INSIDER PICKS

### **Vegan Folie's**

[veganfolies.fr](http://veganfolies.fr)

53 Rue Mouffetard, 75005 Paris

Paris's first vegan bakery continues to cater to an ever-growing community of enthusiasts. Pick up a slice of decadently creamy cheesecake or indulge in a cup of Booja-Booja ice cream.

### **Végissime**

[vegissime.com](http://vegissime.com)

20 Rue Laplace, 75005 Paris

Get gorgeous, cruelty-free boots, bags, and more at this leather-alternative shoe and accessory emporium.

## **WHERE TO STAY**

### **La Grande Porte**

[chambresdelagrandeporte.fr](http://chambresdelagrandeporte.fr)

10 Rue des Petites Écuries, 75010 Paris

Paris's only vegetarian B&B provides personalized attention to dietary needs in an intimate setting where you have a chance to get to know Cédric, the owner.

### **Le Citizen Hotel du Canal Paris**

[lecitizenhotel.com](http://lecitizenhotel.com)

96 Quai de Jemmapes, 75010 Paris

Ideally located on the Canal Saint Martin, Le Citizen offers bright, modern accommodations with a veg-friendly restaurant, Maru, attached.

## **WHERE TO EXPLORE**

### **Parc Monceau**

"A packed picnic with a bottle of chilled rosé makes for a perfect lazy day in the park."

—JENNIFER ERIC, MY KITCH'N

### **Chocolateries**

"Put together a walking tour that takes you to some of the oh-so-numerous chocolate shops in the city."

—LAURENCE ALEMANNO, CHOCOLATITUDES

### **The Covered Passages**

[Paris.fr/english/visit/paris-walks/p10085](http://Paris.fr/english/visit/paris-walks/p10085)

"Stroll through the covered passages in Paris on the Right Bank for a taste of how Paris used to be. It's an especially good idea when it's raining!"

—LAWRENCE ABOUCAYA, POUSSE-POUSSE

### **Le Vélib**

[en.velib.paris.fr](http://en.velib.paris.fr)

"Visiting Paris by bike changes everything and with Le Vélib [the Paris bike-sharing system]. It's easy to get around the city."

—AMANDINE, VEGAN FOLIE'S

### **Takeaway Falafel Shops**

"Pick up a vegetarian falafel from L'As du Falafel in the Marais, and eat it as you wander the streets or sit in a nearby park."

—CARMEN RAGOSTA,  
CARMEN RAGOSTA MODE ET CUISINE

### **Le Centquatre**

[104.fr/english](http://104.fr/english)

"This art space in an old funeral home is alive with creativity."

—AGATHE AUDOUZE, CAFÉ PINSON

### **Épicerie Fines**

"Go into a true 'épicerie fine' like Maison POS or La Maison Plisson where shop owners have a direct connection with their suppliers and producers."

—JULIE BAVANT, HOBBS

## **➔ WANT MORE VEG-FRIENDLY PARIS LISTINGS?**

VT contributor Aurelia d'Andrea's *Vegetarian Paris: The Complete Insider's Guide to the Best Veggie Food in Paris* is the definitive guidebook. Organized by arrondissement, the recommendations will ensure you get to taste the best of Paris, no matter where you are or what time you want to eat.

For more on Aurelia d'Andrea's Paris picks, check out our Q&A with her at [vegetariantimes.com/vegetarianparis](http://vegetariantimes.com/vegetarianparis). 🍋