

COOKING ORIGINS

When a product has low or high notes,
we tend to divert it from its genesis.

Cooking origins considers and respects
these nuances composed of flavors and fragrances.

In the cooking origins, the ingredients that make up the recipe
form a collective culinary Ecosystem around the chosen product.

The nature of the living product defines the personality of the recipe
and its taste level.

To understand the mechanics of life
is to preserve one's truth and to consider it.

Relearning to know your true nature.

Accept what it is.

I do not pretend to master this awareness, but to practice it in its sensitivity,
its construction and its realization on a daily basis.

A will that lives his conviction.

We cook for the product and we flourish in sharing.

From this reflection came the following three movements :

CHRISTIAN SINICROPI

MOVEMENT

FLAVORS AND SCENTS WITH PRONOUNCED SHADES

King prawn

Crispy texture, tasty and sour, coral sauce, sea scent

Fish eggs mimosa

Round and full-bodied,
a very marked ecosystem with seaside scent

Milk lamb

Sensory experience on the sheepfold and pasture

Ecosystem of the forest massifs from my region

Humus notes, red earth, lichen moss, mushroom, grass, musk,
tangy flavors, fermented, delicately sweet, soft and slightly firm texture
- Cold infusion of lichen

Blackberry

Monochrome of flavors, long pepper notes, tangy,
hot and cold soufflé, freshness of blackberry and green apple

185[€] per person

MOVEMENT

FLAVORS AND SCENTS WITH SUBTLE SHADES

Mimosa flower of my countryside and the gamberoni from the Gulf of Genoa

Floral mimosa notes and freshness, slightly sour flavors
and a sweet bitterness, smooth and raw textures
- Cold infusion of mimosa

Mediterranean blue crab

Mineral and rocky notes, slightly saline, progressive flavors
with iodine nuances, tomato freshness, warm and fruity

Trout from Notre-Dame de Valcluse

Lightly cooked, smoked and peated flavors, azure freshwater romance
- Cold infusion of seaweed

Radish

Notes of nuanced roots, sweet and strong, a relief of pigments
and flavors around the underworld
- Cold infusion of root

Orange blossom

Mimosa notes, texture of a millefeuille
and a floating island in crème brûlée

185[€] per person

FULL IMMERSION OF MOVEMENT PROGRESSIVE SHADES

Mimosa flower of my countryside and the gamberoni from the Gulf of Genoa

Floral mimosa notes and freshness, slightly sour flavors and a sweet bitterness,
smooth and raw textures

Trout from Notre-Dame de Valcluse

Lightly cooked, smoked and peated flavors, azure freshwater romance

Radish

Notes of nuanced roots, sweet and strong, a relief of pigments and flavors
around the underworld

King prawn

Crispy texture, tasty and sour, coral sauce, sea scent

Mediterranean red tuna

Memories of my childhood in the South of Italy

Milk lamb

Sensory experience on the sheepfold and pasture

Ecosystem of the forest massifs from my region

Humus notes, red earth, lichen moss, mushroom, grass, musk, tangy flavors,
fermented, delicately sweet, soft and slightly firm texture

Peach

Jasmine notes, soft yellow peach, the frozen Melba of my memories

Orange blossom

Mimosa notes, texture of a millefeuille and a floating island in crème brûlée

240[€] per person

265[€] the inspiration of Christian Sinicropi

THE VEGETAL

*A story between an artist Steph Cop,
a ceramicist Catherine Sinicropi and the cooking origins*

The artichoke

1st movement

The purple blue color of its flower inspired me the following notes :
Sour, sweet, cork oak wood,
violet and as main pigment the artichoke

The bean

2nd movement

A gourmet concentrate focused on a perception around the bean,
with its note of lichen moss

The zucchini

3rd movement

A taste of the Riviera with notes of smoked wood.
Pollen musk and its nuances around the yellow or green zucchini

Gourdon honey

4th movement

Thyme scent with a hint of olive oil.
A feeling of freshness in the shade of the Riviera

168[€] per person



LA PALME D'OR
CHRISTIAN SINICROPI



All our dishes are "home-made" and prepared on the spot.

Net prices - Payment by cheque is not accepted. Thank you for your understanding
Origin of our meats : Veal / Lamb / Pigeon : France - Beef: : USA