



Included : recipes
100% from Liège

Liège

For gourmets





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Liège For gourmets

Liège is a city of a thousand flavours. Its gastronomy shares the characteristics of its rich and pleasant heritage.

This brochure contains a compilation of the essential gastronomic experiences in Liège and their recipes, which you will certainly want to try at home!

It also showcases the two labels created to promote joints with artisanal production and high-quality products: Real Liège Waffle and the Genuine Café Liégeois.



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Due to the health crisis, the times mentioned in this brochure are likely to be modified. It is therefore necessary to check them, as well as access measures.

The history of **café liégeois**

On 2 August 1914 at 7 pm, World War I commenced for Belgium following the German ultimatum addressed to the Belgian authorities. The diplomatic note demanded that the Belgians let the German troops pass through their country in order to fight against France. The government refused the ultimatum, intending to preserve the country's neutrality, imposed by the major European powers at the London Conferences of 1831 and 1839. On 4 August, Belgium's borders were breached by German soldiers.

For twelve days, Liège achieved resistance unexpected by both the Germans and the rest of the world, forcing the invader to commit eight divisions when it had only been planning to use one and costing it more than 5,000 men, stalling its advance towards France.

The Battle of Liège made an impression throughout the world and France immediately saluted the sacrifice made by Liège, enabling it to prepare its defences: On 7 August, Liège became the first foreign city to receive the Medal of the Legion of Honour.

In 1914 Paris, public opinion was decidedly anti-German.

On 15 August, Rue de Berlin and its station changed their namesake to Liège and German shepherd dogs were rechristened to... Belgian shepherd dogs.

Any name that sounded German or evoked the aggressor was therefore held in contempt. In Parisian restaurants, café viennois was on the menu. However, Vienna was the capital of the Austro-Hungarian Empire, which waged war alongside the Germans. Who would want to taste a «Kraut» coffee? Immediately, the restaurants rechristened the dessert to café liégeois.

Such is the origin story of this culinary speciality which is still served in Paris, but also in Le Havre, Marseille, Saint-Tropez, London, New York, Los Angeles or La Réunion...



The Genuine Café liégeois – **Label**



The Café Liégeois is renowned and tasted all over the world. But where better to taste it than in Liège, where it also has a taste of history?

Liège has an original culinary heritage and many quality hotels, restaurants and eateries. They have been incited to set up an operation that promotes this delicious dessert by guaranteeing the quality of the products used.

Below, you will find the list of the certified venues where you can taste a Genuine Café Liégeois.

Le best Café liégeois of 2018-2019

Some venues with the Genuine Café Liégeois label have joined a prize contest organised by the Liège Tourist Office and the Liège Hospitality and Tourism School.

The jury, chaired by chocolate maker Jean-Philippe Darcis, awarded the prize to the best café liégeois of 2018–2019 to the restaurant Le Bistrot d'En Face, which had already won the original edition of the prize in 2014.



Le Bistrot d'En Face
Rue de la Goffe 8 -10
+32 (0)4 223 15 84



Recipe

Café liégeois

We know that, in the beginning, it was a café viennois, but this is also difficult to identify... because it does not exist in Vienna!

For Parisian restaurants in the 1900s, evoking Vienna was a way of associating their own establishments with the luxury of Vienna's eateries, which boasted a sophisticated décor of mirrors and chandeliers, a charming style of easy living in venues where customers were served by waiters in smoking jackets and bow ties... Even if the customers mainly went there to talk, read or philosophise rather than to drink a coffee.

Lacking a historical recipe, the century-old tradition now says that the café viennois/liégeois is a hot sweet beverage topped with whipped cream, while it is an iced preparation enhanced with cream for others...

Ingrédients (8 people) :

- › 300 g of freshly ground coffee
- › 750 mL of boiling water
- › 600 g of sugar cubes
- › 1 L of boiled milk flavoured with vanilla
- › 500 mL of fresh cream
- › Whipped cream

Recipe taken from the Larousse gastronomique culinary dictionary (1938)

Preparation:

- › Following the usual method, prepare an infusion using the freshly ground coffee and boiling water.
- › Place this infusion in a bowl with the sugar cubes. Let the sugar dissolve and leave the infusion to cool.
- › Next, add the boiled milk flavoured with vanilla to the fully cooled coffee and the fresh cream.
- › Cool strongly in an ice-cream maker, keeping the texture slightly liquid.
- › Serve in cups
Cover with whipped cream.

This recipe includes the semi-liquid consistency of the iced preparation that Escoffier proposed in 1907 in his Guide culinaire under the name of iced coffee.

Since cooling it in an ice-cream maker took plenty of time, some restaurants took a simpler option by contenting themselves with pouring sweet cooled coffee over a scoop of ice cream topped with whipped cream... Commercial reasons were also behind the addition of several drops of strong liquor to the café liégeois, since all alcoholic drinks were sold at a higher price, giving a different taste, but still as delicious!

History of the Liège waffle

The origins of Liège waffles go a long way back. While rustic pancakes made of cereal porridge cooked on hot stones during the Neolithic were the precursors to waffles, a technique resembling the one we use today did not appear until Antiquity. People in the classical period realised they could save time by locking pancakes between two hot iron plates, an idea that gave birth to the first waffles.

Waffles assumed the shape we have come to know and love in the 13th century, when an ingenious blacksmith had the poetic idea of making moulds for round wafers —popular during the Middle Ages— drawing upon the alveolate appearance of honeycombs.

Finding a name for these new biscuits was a piece of cake: gaufre, from the Latin gafrum or the Frankish wafra or wafel, which referred to the famous honeycombs. Its eye-catching pattern inspired by beehives gave its name to the new delicacy.

Legend has it that Liège waffles were invented in the 18th century by the cook of the Prince-Bishop of Liège after the Prince-Bishop asked him to come up with something sweet and tasty. The chef rose to the challenge, cooking a particular sort of brioche and adding lumps of sugar to the dough.

The Prince, seduced by the dough's exquisite scent of vanilla, succumbed to the charm of the new delicacy — and so did everyone else!

A delicacy that was not always seen as such! The waffles of the time were salty and were simply made of low-grade flour and water. They were sometimes used as a replacement for bread or to boil a stew enjoyed by peasants.

It was not until the 18th century that the well-off classes started eating waffles with honey, eggs and milk, which were sweet and made with square moulds. A plethora of recipes hit the scene over the years, giving rise to the wide variety we have today.

Waffles used to be a traditional gift for New Year, carnivals and some Mardi Gras celebrations. A few centuries ago, real Liège waffles were made with cinnamon. Beaded sugar only came later and was originally made of beet sugar from Hesbaye, in the Liège region.

The Real Liège Waffle – Label

From Paris and New York to Japan and Canada, Liège waffles have been exciting the taste buds of foodies all over the world for generations.

Where can you get the best Liège waffles? In Liège, of course! Waffles sold in Liège not only have the power to take you to ecstasy in a few bites, but they are also 100% authentic.

Drop by one of the certified venues in this brochure to savour the Real Liège waffle cooked with choice ingredients according to tradition.





Recipe

Liège waffle

Their inimitable flavour, luscious aroma and instantly recognisable shape are what makes Liège waffles famous.

A waffle iron with 24 holes —no less, no more—, rounded edges that rival Brussels square waffles, and just enough beaded sugar to make a world of difference. The well-known beaded sugar is added to the dough, where it remains hidden until the time comes to make every bite an explosion of delicious crunchiness.

The cooking method also contributes to the secret of such a special flavour: sugar beads melt slowly on the inside, giving waffles their yummy caramelised taste.

Some people like to savour waffles in the streets, October fairs in Liège or tea shops, cold or warm, in summer or in winter, but the best option is still to eat them plain to sample their unique flavour: an extremely spongy heart surrounded by a perfectly crunchy envelope.

Ingredients (15 à 20 waffles) :

- › 1 kg of flour
- › 75 g of yeast
- › 5 dL of lukewarm milk and water
- › 50 g of ultra-fine sugar
- › 2 eggs
- › 500 g of butter
- › 50 g of honey, vanillin or cinnamon
- › 3 g of baking soda
- › 600 g of beaded sugar

*Recipe from La Strème Liège
Waffle Brotherhood*

Preparation:

- › Make a yeast dough with 800 g of flour, the yeast, the ultra-fine sugar and the eggs.
- › Allow the dough to rise for 15 minutes. Next, add the butter, the honey, 200 g of flour, the salt, the vanillin and the baking soda.
- › Knead the mixture to obtain a smooth dough and allow to rise again for 10 minutes in a temperate place.
- › Next, add the beaded sugar and divide the dough into pieces of 90 to 140 g, depending on the size of the waffle iron, and allow it to rise.
- › Cook over low heat for large waffles and use high temperatures for waffle irons with a shallow pattern.

Liège chocolate

Chocolate was discovered at the same time as the far-flung regions of South America and in the 17th century it reached what would later become Belgium, more specifically Ghent, then under Spanish domination.

While it was originally used for its medicinal properties and beneficial content of nutrients such as magnesium, nobles and aristocrats soon started using it to make a hot drink.

Belgium was one of the first countries to industrialise the transformation of cocoa beans into edible bars. A series of renowned brands were born in the wake of the invention of the Berwaerts chocolate maker in 1840: Meurisse, Neuhaus, Côte d'Or, Jacques, Callebaut and Léonidas.

Two striking developments helped turn Belgium into a chocolate superpower: the invention of pralines by Jean Neuhaus in 1911 (and of the sweet box by his wife in 1915) and the creation of filled bars with various flavours and syrups by Maison Jacques.

Finally, Expo 58 boosted the international projection of chocolate, with the 500 chocolate factories established in Belgium still reaping the benefits at present.



Chocolate

The Belgian chocolate industry is one of the jewels of our country, with an annual turnover of €4 billion. Over 500 chocolate makers and 2,000 chocolate shops with around 6,200 employees are behind the international renown of our chocolate.

Liège alone is home to about 10 chocolate factories with 40-odd employees. Adding more occasional chocolate retailers (bakeries, confectioneries, waffle shops and ice cream parlours) brings the tally to over 120 additional sales points in Liège alone.

Bean to bar

This movement was born in the United States in the 2000s and brings together all small-scale chocolate makers who manage the whole production process from plantations to the end product. This approach allows for better quality control. It also establishes the fairest purchase price for the raw material, cocoa beans.

Finally, thanks to very high quality standards, it scrutinises compliance with environmental criteria and decent work conditions. Darcis, Benoît Nihant and Millésime Chocolat are among the small-scale chocolate makers in Liège who are part of the movement.



Les chocolatiers

Benoît Nihant

Benoît Nihant is part of the elite cabal of chocolate makers that manufacture their chocolate using cocoa beans. Benoît Nihant masters the entire process, right from the selection of the best batches of fine cocoa beans from planters-harvesters who share his passion for excellence.

Passage Lemonier, 42 – 4000 Liège



Chocolaterie Franz

Franz is a story of family passion that goes 40 years back... Everything here is made on-site using artisanal methods. Chocolaterie Franz sells over 50 types of pralines... A classic, timeless range contrasting with daring flavours such as absinthe truffles. Other special pralines include Bouillon's whisky praline and "Trésor de Liège".

Rue Saint-Gilles, 24 – 4000 Liège



Chez Blanche

"Chez Blanche" is the new adventure of Jean Galler, founder of Chocolats Galler, and is wife Yvette. Cakes, breads but also chocolate! Quality, respect, nature and simplicity are their watchwords, using organic chocolate, made from fair-trade cocoa, wrapped up in environmentally friendly packaging. Their unique selling point is that the chocolate can also be found in their cakes: waffles with real chocolate, soft chocolate centre cake and of course the famous "Terribly chocolate"!

Rue Pont-d'île, 19 – 4000 Liège
Pl. J. Willem, 11 – 4032 Chênée
Rue Louis Demeuse, 18 – 4040 Herstal



Carré Noir

Creative and curious, Mélanie Lemmens personally creates every recipe in her range of pralines, taking inspiration from the seasons for their flavours, aromas and textures. Home-made truffles and pralines, chocolate moustaches and spreads — Chocolate Woman has pulled out lots of delicious ideas out of her hat!

En Neuvicé, 33 – 4000 Liège



Millésime chocolat

Millésime Chocolat is one of the rare chocolate factories that works directly with cocoa beans, an approach known as "bean to bar". This chocolate maker from Liège is the only one in Europe that only works with vintage chocolate!

Rue Cockerill, 40 – 4100 Seraing

Jean-Philippe Darcis

Chocolate maker, confectioner and ice-cream maker is as generous, gourmand and passionate as his creations! He works with superior and refined ingredients, blending tradition and creativity into a know-how that he has been developing for over two decades. He likes to wander around small cocoa plantations to see the farmers.

Rue du Mouton Blanc, 22 – 4000 Liège



By Michèle

By Michèle brings an innovative, refined and distinguished vision of pastry and chocolate making. The factory is family-run and artisanal, seeking to work with the best products while remaining local. A know-how that they wish to pass on to each customer via a combination of precise, subtle flavours and an unparalleled visual.

En Bergerue, 19 – 4000 Liège
Rue de la Limite, 218 – 4040 Herstal

Did you know ?

There exists a boulet à la liégeoise brotherhood: Le gay boulet. It organises the boulet de cristal contest every year. You will find the last winner on our site.

Recipe Le boulet à la liégeoise

Any visit to Liège must include a meal of boulet-frites.

The local name is not boulette, the traditional expression in French, but boulet, which sounds bigger and heavier, because this substantial dish will fill you up for a large part of the day. That said, it is so good that you will want to try it again as soon as possible! To help you, here is our recipe for boulet à la liégeoise.

Ingredients (10 boulets) :

Boulets

- › 500 g of minced beef and 500 g of minced pork
- › 4 slices of white bread (without crusts) soaked in milk
- › 1 finely sliced onion
- › 1 bunch of finely sliced parsley
- › Salt, pepper, nutmeg and breadcrumbs
- › 2 eggs

Sauce

- › 4 sliced onions
- › 4 tablespoons of brown sugar
- › 1 dash of red wine vinegar
- › 1 litre of meat broth
- › 2 tablespoons of Liège syrup
- › 4 cloves, a few juniper berries, 2 bay leaves, a pinch of thyme, salt and pepper
- › Sultanas

How to prepare the meatballs :

- › Knead the ingredients into a uniform mixture and roll it into meatballs of about 100 g each.
- › Bake in the oven for 40 minutes.

How to prepare the sauce :

- › Remove the meatballs. In the cooking juices, fry the onions after sprinkling with thyme until they are lightly brown.
- › Add brown sugar and then deglaze with the vinegar.
- › Moisten with the broth, bring to the boil and blend in the Liège syrup, cloves, juniper, bay leaves, salt and pepper.
- › Leave to cook for 30 minutes.
- › Just before it has finished cooking, add the sultanas and thicken the sauce slightly with cornflour or flour.
- › Place the meatballs in the sauce and leave it to simmer several minutes on low heat.
- › Serve with chips and lettuce.





Recipe

Liège salad

This salad for all seasons is made up of green beans, mixed with small potatoes, the finest pieces of bacon and finely chopped shallots. To reduce the fat from the bacon and enhance the flavour of the beans, season lightly with vinegar.

Ingredients (4 people) :

- › 600 g of Bintje potatoes
- › 600 g of green beans
- › 300 g of lightly cured bacon
- › 2 chopped shallots
- › 1 sliced onion
- › White vinegar
- › Salt and pepper

Preparation:

- › Wash the potatoes and cook them in a pan of boiling water for 10 to 15 minutes.
- › Wash and remove the stalks from the green beans. Cook them in a pan of boiling water for 5 to 10 minutes. They should remain firm.
- › Strain the potatoes.
- › Place the potatoes in a salad bowl and add the beans.
- › Cut the bacon into small strips.
- › Brown the bacon in a frying pan on a high heat and leave to soften.
- › In the same frying pan, add the shallots and the onions. Brown them.
- › Mix all the components of the salad together and season with white vinegar.



Recipe

Boûkètes

C'esteût l'nut' dè Noyé, li mame féve des boûkètes... (It was Christmas Day evening, and mum was making boûkètes...) All children in Wallonia and Liège love eating boûkètes on the evening of Christmas Day. This thick and tasty pancake is a great comfort against the harsh cold of winter. However do not judge it by its appearance: boukètes are more sophisticated than you may think.

Ingredients (10 to 15 boûkètes) :

- › 200 g of buckwheat flour
- › 20 g of baker's yeast
- › 3 eggs + 2 egg whites
- › 50 mL of whole milk
- › 25 g of melted butter
- › 5 cL of rum
- › Salt
- › 50 g of sultanas
- › 1 pinch of cinnamon
- › Golden sugar
- › 10 cL of arachis oil

Preparation:

- › Separate the egg whites from the yolks and beat the 5 egg whites into a firm mixture with a pinch of salt.
- › Heat the milk slightly. Take one cup of milk and mix in the crumbled yeast.
- › Pour the flour into a large salad bowl. Form a hollow in the middle and, little by little, whilst kneading the dough with your fingertips, add the yeast mixture, milk, melted butter and sugar.
- › Next, add a pinch of salt, the egg yolks, rum and cinnamon.
- › When the mixture is even, add the beaten egg whites and the sultanas.
- › Cover the salad bowl and leave the dough to stand near a source of heat for 4 hours. It must increase in volume twofold.
- › Then make the boûkètes in a crêpe pan greased with oil.
- › Taste with golden sugar or white sugar.



Recipe

Lacquemants waffles

Lacquemant waffles, thin wafers made from wheat, cut in half horizontally, filled and covered with rock candy sugar syrup flavoured with orange blossom, are chiefly enjoyed at the traditional October fair in Liège.

Ingredients (± 10 lacquemants waffles)

Dough

- › 300 g of wheat flour
- › 1 teaspoon of yeast
- › 50 g of butter
- › 1 yolk
- › 80 mL of lukewarm milk
- › 1 tablespoon of candy sugar syrup
- › 1 tablespoon of sugar
- › ½ teaspoon of salt
- › Vanilla extract

Syrup

- › 200 g of brown sugar
- › 50 g of butter
- › 1 tablespoon of honey
- › 1 tablespoon of water
- › 1 tablespoon of orange flower water
- › 1 teaspoon of cinnamon

Preparation:

- › Warm the milk with the butter. Mix this preparation with the remaining ingredients and knead for 2 to 3 minutes.
- › Allow the dough to rise in a warm place until it increases in volume twofold.
- › Knead the dough again for 1 minute and make 20 g balls pressed out to 10 cm.
- › Bake it in a waffle iron for thin waffles, cut it horizontally and fill it with the cooled syrup.
- › For the syrup, boil all the ingredients and leave to cool.

Others products

Liège syrup

Liège syrup is syrup produced from cooking and reducing apple and/or pear juice. After several hours, a dark brown paste is produced, which is translucent when it is spread out.

Liège syrup can be used for spreading on bread, as an accompaniment to cheeses, such as Herve or Maquée cheese. The mixture of Maquée cheese and syrup is known as stron d'poye («chicken shit») in Walloon due to its colour.

The syrup is also used to for the creation of sauces, boulets à la liégeoise, Liège rabbit and in the recipe for cûtes peûres (cooked pears).



Le pékét

Pékét is the Walloon name for juniper berries. It also means “zesty”. In the Mosan region, from Maastricht to Namur, it is traditional to make sometimes flavoured eau de vie with it. Pékét is served everywhere in Liège, especially during the traditional festivities around 15 August.

Boudin

Boudin blanc is a speciality of Liège and is made from minced white meat that is seasoned with spices (with marjoram from Liège) then inserted into a sausage skin before cooking in water. It can be eaten cold or hot and sometimes pan-fried or grilled on a barbecue.



Check out the products of the Liège Region

The Liège Region boasts a plethora of producers and artisans (breweries, chocolate factories, vineyards, etc.). Syrup, local spirits (pèkèt), regional wines and numerous other products are a feast to your senses. Check them out as well as other recipes on our website : www.visitezliege.be

Are you a beer buff ?

Check out the breweries, bars and restaurants with the Liège Beerlovers' City label in our brochure or at www.liegebeerloverscity.be



List of venues with the label

The Genuine Café Liégeois

- 1 **As Ouhès**
Place du Marché, 21
- 2 **Brasserie Sauvenière**
Place Xavier-Neujean
- 3 **Le Cloître**
Musée de la Vie Wallonne
Cour des Mineurs, 1
- 4 **Glacier Franchi**
Rue Saint-Gilles, 11
- 5 **Glacier Glace & Moi**
Rue Lulay-des-Fèbvres, 12
- 6 **Glacier Ice bar Lamorgese**
Place des Carmes, 2
- 7 **Glacier Pistache et chocolat**
Place du Marché, 23
- 8 **L'Écailler**
Rue des Dominicains, 26
- 9 **Le Bistrot d'en face**
Rue de la Goffe, 8
- 10 **Le Cecil**
Place de la Cathédrale, 1
- 11 **Le Regina**
Rue Pont-d'Avroy, 61
- 12 **Tchantchès et Nanesse**
Rue Grande-Bèche, 35
- 13 **Côté Goût**
Rue Soeur-de-Hasque, 12
- 14 **Rive Gauche**
Place des Carmes, 1
- 15 **Stoffels**
Rue Saint-Paul, 10
- 16 **Grand café de la gare**
Place des Guillemins, 20

The Real Liège Waffle

- 1 **Maison André**
Rue Gérardrie, 37
- 2 **Maison André**
Rue Puits-en-Sock, 106
- 3 **Maison André**
Rue Saint-Paul, 32
- 4 **Boulangerie Dédée**
Rue Saint-Léonard, 533
- 5 **Delecta**
Rue Puits-en-Sock, 84
- 6 **Pâtisserie Eggenols**
Rue des Guillemins, 92
- 7 **Le Cloître**
Musée de la Vie Wallonne
Cour des Mineurs, 1
- 8 **Le Fournil de Michel**
Boulevard Ernest-Solvay, 517
- 9 **Maréchal**
Rue du Coq, 83
- 10 **Maison Massin**
Rue Saint-Gilles, 121
- 11 **Le Matin Liégeois**
Place du Marché, 20
- 12 **Boulangerie-Pâtisserie Taillard**
Rue Saint-Paul, 20
- 13 **Le Refuge du boulanger**
La Batte (tous les dimanches)
- 14 **Jean-Pierre**
Rue Dartois, 42
- 15 **Jean-Pierre**
Rue Saint-Gangulphé, 13





Éditeur responsable : Office du tourisme de Liège. Ne pas jeter sur la voie publique

Office du tourisme de Liège

Halle aux Viandes – Quai de la Goffe, 13

Tél. +32 (0)4 221 92 21

www.visitezliege.be

 Tag **@visitliege** and use the hashtag **#liegefood**.



In partnership with the Liège Provincial Committee of the French-speaking Bakery, Pastries and Icing Federation and « La Strême » Waffle Brotherhood.