

THE ULTIMATE PARIS FOOD CHECKLIST: MUST-TRY FRENCH DISHES

This checklist is curated by Vadim Hedonist, a local Paris guide, to help you confidently discover the most exciting dishes of French cuisine.

Parisian Bakery (Boulangerie) Must-Eats

Parisian bakeries are **legendary**—and for good reason. The smell of fresh bread and buttery pastries alone is enough to tempt any traveler.

- Croissant** – Buttery, flaky, and perfectly golden. A true Parisian classic.
- Pain au Chocolat** – A flaky, buttery pastry filled with rich dark chocolate.
- Baguette** – A fresh, crispy French baguette—perfect with cheese or butter.
- Chausson aux Pommes** – A delicate puff pastry filled with warm apple compote.
- Kouign-Amann** – A caramelized, buttery pastry from Brittany.

Classic French Desserts & Pastries

French desserts are pure magic—**light, decadent, and unforgettable**.

- Macarons** – Delicate almond-based cookies with creamy fillings. Try Ladurée or Pierre Hermé for the best.
- Éclair** – A choux pastry filled with cream and topped with various glazes like chocolate, caramel, or fruit.
- Tarte Tatin** – A caramelized upside-down apple tart that's warm and comforting.
- Crème Brûlée** – A rich vanilla custard with a perfectly crisp caramelized sugar crust.
- Mille-Feuille (Napoleon Cake)** – Layers of crispy puff pastry and silky pastry cream.

French Delicacies You Shouldn't Miss

For the adventurous foodie, Paris offers **sophisticated delicacies** that define fine French cuisine.

- Foie Gras** – A rich duck or goose liver pâté, often served with fruit compote or toasted bread.
- Escargots de Bourgogne** – Snails baked in garlic butter—surprisingly delicious!
- Huîtres (Oysters)** – Fresh, briny, and best enjoyed with a glass of crisp white wine.
- Fromage (Cheese)** – France has over 1,000 types of cheese!
Try **Brie, Camembert, Roquefort, or Comté** from a local fromagerie.
- Truffle Dishes** – French black truffles add luxurious flavor to pasta, omelets, and risottos.



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Iconic Parisian Street Food

Want to eat like a local? **Street food in Paris is simple yet delicious.**

- Baguette Sandwich** – A Paris street food classic! Crispy baguette filled with ham, cheese, smoked salmon, tuna, or goat cheese. Simple, fresh, and delicious.
- Quiche Lorraine** – A savory pie with eggs, cream, bacon, and cheese in a flaky crust.
- Croque Monsieur** – A grilled ham and cheese sandwich with creamy béchamel sauce.
- Crêpes** – Try a classic Nutella crêpe or a savory ham & cheese (jambon-fromage) version.
- Falafel** – Head to the Marais district for the best falafel in Paris (hint: try L'As du Fallafel).

Parisian Café & Restaurants of French Cuisine

Sitting at a Parisian café, sipping coffee, and people-watching is a must. Here, you'll also find classic French cuisine—order these timeless dishes while you soak in the atmosphere.

Appetizers

- French Onion Soup** – Caramelized onions in a rich broth, topped with melted cheese and crispy bread.
- Foie Gras** – Luxurious duck or goose liver pâté, served with toasted bread and fig jam.
- Escargots de Bourgogne** – Snails baked in garlic-parsley butter, a true French delicacy.
- Pâté de Campagne** – Rustic country-style pork pâté, served with bread and pickles.
- Oeufs Mayonnaise** – Classic French dish of hard-boiled eggs with creamy mustard mayo.

Main Courses

- Steak Frites** – A perfectly cooked steak served with crispy French fries—simple yet iconic.
- Coq au Vin** – Chicken slow-cooked in red wine with mushrooms and bacon, a comforting classic.
- Bœuf Bourguignon** – Beef braised in red wine with vegetables, rich and flavorful.
- Duck Confit** – Slow-cooked duck with crispy skin, served with potatoes or salad.
- Moules-Frites** – Fresh mussels steamed in white wine and garlic, served with fries.
- Sole Meunière** – Delicate Dover sole pan-fried in butter and lemon sauce, a French seafood favorite.
- Magret de Canard** – Seared duck breast, often served medium-rare with a rich sauce.
- Blanquette de Veau** – A creamy veal stew with mushrooms and carrots.

Desserts

- Profiteroles** – Cream-filled choux pastries with warm chocolate sauce.
- Île Flottante** – A light, fluffy meringue floating on vanilla custard.
- Moelleux au Chocolat** – A molten chocolate lava cake.
- Crème Brûlée** – A rich vanilla custard with a perfectly crisp caramelized sugar crust.
- Chocolate Mousse** – A rich and velvety chocolate dessert, light yet intensely flavorful. A true French classic found in many Parisian cafés and restaurants.



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🌟 Michelin-Starred French Dining

For an unforgettable fine dining experience, Paris is home to some of the world's most **exquisite Michelin-starred restaurants**.

Appetizers

- Amuse-Bouche** – A small, complimentary bite to awaken your taste buds.
- Foie Gras au Torchon** – A refined foie gras preparation, often served with fruit compote.
- Caviar & Blinis** – Delicate fish roe served with small pancakes and crème fraîche.
- Velouté de Homard** – Creamy lobster bisque with a rich, deep flavor.

Main Courses

- Lièvre à la Royale (façon poitevine)** – The classic version by Aristide Cousteaux: wild hare slow-cooked in red wine, creating a rich and deeply flavored ragout.
- Lièvre à la Royale (Carême)** – The refined version by Antonin Carême: wild hare deboned and stuffed with whole foie gras and truffles, then slow-braised in a luxurious sauce.
- Homard Bleu Rôti** – Roasted blue lobster, a rare and exquisite delicacy.
- Filet de Bœuf Rossini** – Beef filet topped with foie gras and black truffle sauce.
- Saint-Pierre Meunière** – John Dory fish with butter and lemon sauce.
- Pigeon au Sang** – Rare-cooked pigeon served with red wine or blood sauce for deep flavor.
- Saint-Pierre Meunière** – John Dory fish in butter and lemon sauce.
- Agneau de Lait** – Milk-fed lamb, slow-roasted to perfection.
- Canard aux Cerises** – Roast duck with a cherry reduction sauce, a blend of sweet and savory.

Desserts

- Grand Marnier Soufflé** – A light and airy baked dessert infused with orange liqueur.
- Opera Cake** – A layered almond sponge cake with chocolate and coffee flavors.
- Tarte au Citron** – A refined lemon tart with a balance of sweetness and acidity.

Drinks to Try in Paris

No Parisian meal is complete without a perfect drink to pair it with!

- Vin Rouge / Vin Blanc** – Sample French wines from Bordeaux, Burgundy, or the Loire Valley.
- Champagne** – Try a glass of real Champagne—after all, you're in France!
- Kir Royal** – A sparkling wine cocktail with blackcurrant liqueur.
- Pastis** – A traditional anise-flavored aperitif from the south of France.
- Chocolat Chaud** – Parisian hot chocolate—rich, thick, and incredibly indulgent.

🌟 Planning a trip to Paris?

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