

Daniel Phélizot
Chef de Cuisine and Owner
La Toque Baralbine, Bar-sur-Aube (Champagne-Ardenne)

In 1987, when Daniel Phélizot, a native of Arrentières, France, began his training at the Lycée Hôtelier de Nice cooking school, he had no idea that just 15 years later he would be considered one of the most innovative and artistic up-and-coming chefs in Champagne-Ardenne.

Owner and Chef de Cuisine since 1997 of La Toque Baralbine in Bar-sur-Aube, situated in France's Champagne-Ardenne region, at age 33 Phélizot has been recognized by all the major French restaurant guides, including *Michelin*, which notes the restaurant for its great quality at moderate prices, and *Champérard*, which listed his establishment as the most promising restaurant for 2001. Together with his wife, Sylvie, Phélizot offers a warm welcome at his flower-bedecked auberge. Inspired by Champagne and the Mediterranean, and using only all-natural ingredients, Phélizot creates an exciting menu of such delicacies as house-smoked fresh salmon in endive rémoulade, and sausage tian with shallot confit.

Phélizot's impressive credits include serving as Responsable de Cuisine at the Hôtel des Gouverneurs in Bar-sur-Aube, and as Chef de partie at the Hôtel Royal Riviera in St-Jean-Cap-Ferrat (both rated 14/20 by *Gault Millau*), where he worked side-by-side with award-winning Chef Yves Merville. Phélizot has also trained with some of France's most renowned chefs, including Jacques Chibois at the 2-Michelin-star Gray d'Albion in Cannes (1992) and Christian Constant at the 2-Michelin-star Hôtel de Crillon in Paris (1993).

In the hands of Daniel Phélizot, the culinary arts truly take on a new dimension. His custom-designed desserts are masterpieces, taking up to 12 hours to create using molds, spun sugar and candies to form brilliant meter-high confections. A poet of French cuisine, Phélizot was a finalist in the prestigious 47th Grand Prix International Auguste Escoffier in Monaco in 2000, where he placed third in a tight competition, with a first prize for preparation.

Phélizot enjoys experimenting with new tastes. He is currently cooking with hemp oil, a nonpotent form of *cannabis sativa*, which imparts a pleasant nutty flavor and contains high levels of omega fatty acids.

La Toque Baralbine
18, rue Nationale
0200 Bar-sur-Aube
Tel/Fax: 03.25.27.20.34
E-mail: Toquebaralbine@aol.com
<http://toquebaralbine@multimania.com>