



## A Unique Gastronomic Experience : Visit The Lalbenque Truffle Market, Lot (Lot Valley, France)

Nov 23, 2010

The truffle is the "black diamond" that adds the local colour to food in the Lot.

The market town of Lalbenque, headquarters of the French truffle industry, is where the nationwide price of truffles is set, and where during the winter months there's a busy weekly truffle market which attracts both restaurateurs and tourists alike. First Tuesday in December through to mid-March (2pm onwards)

### THE BLACK TRUFFLE FROM LOT

The truffles begin life underground in May or June, growing during the summer months thanks to the heavy showers and maturing at the start of Autumn. They're ready to be unearthed by winter, usually sniffed out with the help of a specially trained dog or a pig thanks to their characteristic perfume.

### A VISIT TO THE WORLD-FAMOUS TRUFFLE MARKET IN LALBENQUE

Truffle perfume is also in the air at the winter market when the main street and those nearby are packed with producers showing off and selling their harvest. The Tuesday Lalbenque winter truffle market is the largest truffle market in south west France, and is at its busiest in January when the black truffles have their highest perfume.

### FANCY A GOURMET BREAK?

In-cellar demonstration, truffle market and gourmet dinners, with an accomodation some charming guest house rooms.

□224 per person half board for 4 days / 3 nights.

La Vayssade

Phone : +33 5 65 24 31 51 <http://lavayssade.com/>

The Domaine de la Vaysse also offers accomodation and organize 'cavage'



demonstrations where you can go out in search of truffles with a pig or a dog and special truffle menu on request.

Phone : +33 5 65 32 49 87 <http://www.domaine-de-la-vaysse.fr>

Easy to reach by plane with City Jet from London City to Brive, with Ryan Air, from Stansted to Bergerac, visiting the Lot Valley in winter is an amazing culinary experience. You can also add the Foie Gras market to your trip or the Cahors vineyards.

Lot Tourism is organising dedicated press trips if you want to discover the truffle markets and gastronomic breaks.

-Ends-

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