

# Culinary Walks in Antwerp

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For more than seven years now Culinaire Wandelingen (NPO Culinary Walks) has been organising tours around Antwerp that combine culture and history whilst discovering culinary tastes and flavours. The city is the backdrop for different expeditions that aim to stimulate both the mind and palate.

The program consists of 10 different walks. 'A chocolate adventure in Antwerp' is one of the most popular walks. Antwerp is known as a city of the most famous chocolatiers, all known for their typical specialities.

## A Chocolate Adventure in Antwerp

Speak of Antwerp and what comes to mind? Chocolate, of course. Antwerp is a true sweet-lover's paradise, not only because of the presence of its leading and world-famous chocolate makers, but also for the chocolate shops on every street corner, just waiting for you to walk in.

With *Chocolade-Avontuur in Antwerp*, the sweet-toothed can delight in a tour that dips into the background to Belgian chocolate, a source of much national pride and joy.

As well as giving your taste buds a treat, it is also an educational experience. How did cocoa beans originally make their way to distant Antwerp? What skills and traditions lie behind the delicious confectionary, cakes, pastries and other concoctions?

*Chocolade-Avontuur* takes the visitor on a walking tour, guided by a connoisseur, of Antwerp's most outstanding chocolate shrines. We get to taste the best-known chocolate creations, learn more about how chocolates are made with lots of practical tips and useful tidbits of information - and of course have the pleasure of sampling some of them.



The tour concludes in our own 14th century vaulted cellar with a delicious chocolate-inspired meal and, as the icing on the cake, a unique cocoa-shot experience, the chocolate shooter. Unforgettable!

Other walks we organise are:

### 'A Spanish voyage of discovery through Antwerp'

introduces you to Spanish cultural/historic and culinary influences in Antwerp. The walk through the city provides a great

insight into the relics of Spanish rule in the 16<sup>th</sup> and 17<sup>th</sup> centuries that are still tangible in Antwerp today. 'A Spanish voyage of discovery through Antwerp' takes the curious mind on a culinary tour of this rich and often surprising world. We discover and taste Spanish wines, sherry, cava, olives, olive oil, Spanish delicacies and cheeses.

The walk ends in a typically Spanish 'routier' restaurant with a meat and fish casserole. This is a complete meal that includes wines, water and an original Café Canario.

## 'A Beer Pilgrimage through Antwerp'

is a walk through the city centred on the discovery of various Belgian beers and their different flavours. During this tour your main challenge will be to taste and learn how to taste.

A walk through the historic centre of Antwerp, during which we discover hidden corners and squares, will also include a visit to various 'people's cafes' (bars with a local flavour). We learn to differentiate between sour, sweet and bitter, Trappist and abbey beers, the various fermentation processes and much more.

So as not to taste all this beer 'on an empty stomach' the walk will be preceded by a delicious meat and fish casserole. During the walk itself each 'beer tasting stop' will include a small snack. A total of 9 typical beers will be discussed and tasted.

## 'A walk on the wild side through Antwerp'

during which all your senses will be aroused. Not only do we look for the secret of aphrodisiacs, we also get to know the history of erotica throughout the centuries.



You are welcomed with an original cocktail. After an entertaining preamble you are introduced to your first finger food, artichokes with various dips, to get into the spirit of things. This is followed by a delicious helping of celeriac soup to build up your strength. During the walk through the historic centre of Antwerp you are introduced to the history of erotica through the ages. Each 'culinary stop' helps to unravel the mystery surrounding aphrodisiacs. What is the secret of chocolate? Why are oysters and 'fruits de mer' (seafood) with a fizzy glass of sparkling wine considered the ultimate aphrodisiac? The climax of the evening is a

piquant starter and main course, with specially selected wines, water and coffee or tea with sweets.

## 'A Wine Odyssey through Antwerp'

Surprising but true, Antwerp has a rich wine history. 'A Wine Odyssey through Antwerp' gives wine buffs a flavour of this history during a tasting and discovery tour taking in interesting little bars in the heart of Antwerp.

With a glass in hand, a true lover of wine and Antwerp explains to interested bon vivants how wine is produced, what varieties are used, all about barrel ageing and wine storage. The layperson will develop a wider view and appreciation of one of 'Mother Nature's finest products: WINE ! Fortunately you are not expected to 'survive on wine and bread' alone, various tapas will be served during the walk, which ends in a welcoming restaurant where you will enjoy a fish course followed by a cheese board, both accompanied by a specially selected wine.

## 'Spanish Nights in Antwerp'

takes you on an original exploration during which tasty morsels of Spanish cuisine are combined in a fascinating way with the cultural/historic legacy of the Spanish rule in Antwerp.

You are welcomed with a typical Spanish cocktail and heart warming tapas. The walk will immerse you in the period of the Spanish occupation, the so called 'Golden Age'. The walk is interspersed with interesting tasting sessions to ensure the magical theme continues. In this respect Spain, and Galicia in particular, have a magnificent past. We round off our tour in the Antwerp Tapabar where we savour delicious hot and cold tapas, a dessert and coffee.

## 'Around the world in Antwerp'

Antwerp is a metropolis. Not only is it an important centre of international trade, it also accommodates no less than 170 different nationalities. This is obvious from the general street scene and our eating culture, which incorporates influences from around the world. "If you cannot find it in Antwerp, it probably doesn't exist..." is not far off the mark. China Town, the Jewish quarter, the Spanish and Portuguese around Sint-Jansplein and Paardenmarkt, Indians from the diamond quarter, Turkish shops, the African community at De Coninckplein.... 'Around the world in Antwerp' introduces the 'wanderer' to a number of prominent cultures. Obviously we will delve into the reasons for specific concentrations in certain areas of Antwerp. And of course the tour will include a discovery of various culinary 'tastes'.

## 'An Antwerp Cooking Odyssey'

takes you on a spellbinding journey through the 'Foreign/exotic Market' or China Town. Guided by a true expert you will learn more about seasonal cuisine and long forgotten ingredients, or Thai, Japanese and Korean dishes and ingredients. Creative preparation methods are foremost when, together, you discover (hidden) culinary traits in the kitchen. Of course you will then have an opportunity to savour these delights.

Specially selected wines will accompany the dishes and you will end the evening with a lovely cup of coffee or tea ...

## Culinary exploration: 'A Regional Journey of Discovery'

'A Regional Journey of Discovery' is a culinary expedition based on regional Antwerp produce. Participants are treated to a series of fascinating anecdotes about Antwerpen Zuid (South Antwerp): the filled in Zuiderdokken (South Docks), the fish market, Marnixplaats and Sint Andries. The tour is organised in conjunction with vzw Antwerpse Streekproducten (NPO Antwerp Regional Produce).



More info on our culinary walks: [www.culinarywalks.com](http://www.culinarywalks.com)  
(only Flemish, will be in English soon)

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