

THE MALTED BUCKWHEAT WHISKY SOUFFLÉ A much-loved French favourite, made by legendary chefs from François Massialot to Antoine Beauvilliers, then perfected and sweetened by Antonin Carême in the 1820s.

THE STRAWBERRY Especially those from Lake Nemi, were already highly appreciated in Rome. Fontenelle attributed his infirmity-free old age to them (he died a centenarian). Strawberries cured the naturalist Linné; and Fajon forbade them to Louis XIV, who loved and ate them to the point of indigestion and had them grown in the royal kitchen garden directed by La Quintinie.

THE FONTAINEBLEAU Created in Fontainebleau, the town loved by French royalty, this airy delicacy mixes fresh creamy white cheese together with whipped cream to create a mild, sweet dessert that's fit for a king.



) Dorchester Collection