



Une sélection des meilleures confiseries françaises

***Discover the origins
of the sweet treasures from
France's different regions***

Every confectionery tells a story,
reflects a region, showcases expertise,
and offers a sweet taste of childhood!



L'Amandin de pruneaux

Prune paste mixed with marzipan
and a dash of Armagnac



History: The prune comes from far away: from China. It travelled with merchants along the Silk Road to the Middle East. Merchants carried dried plums on their long journeys, as they kept well and provided energy during stops along the way.

Whilst the Gauls, our ancestors, were already eating them, it was the Romans who perfected the techniques of cultivation and drying, thereby spreading the prune throughout the Mediterranean region.

Legend has it that in the 12th century, the Crusaders, returning from a failed expedition to Damascus, brought back plum trees in the absence of military victories. They were mocked by the people, who exclaimed: 'They went there for plums!'

That is where this famous expression comes from.

Ingredients and ALLERGENS*: Prune paste (30%), sugar, ALMONDS*, Armagnac (40% vol.), humectant: E420, invert sugar, glucose syrup, EGG WHITES*, unleavened bread (potato starch, water, sunflower oil), colourings: E120, E132

May contain traces of other nuts, milk, gluten, soya and sulphites*

La Bêtise de Cambrai

Mint-flavoured boiled sugar sweet



History: The famous Bêtise de Cambrai is said to have originated in the 19th century, in the town of Cambrai. According to legend, an apprentice confectioner made a 'mistake' whilst preparing the mint sweets: he added too much sugar and didn't roll out the dough properly.

Contrary to all expectations, the result was a huge hit with customers. The locals then asked for 'the "bêtise" sweets', giving rise to this speciality which has since become a must-try.

At the time, these sweets were particularly popular with travellers and workers in the textile mills of northern France: their minty freshness helped freshen the breath and soothe the throat after long days' work.

Even today, the Bêtise de Cambrai carries on this traditional craftsmanship and remains one of the most famous culinary symbols of northern France's heritage.

Ingredients : Sugar, glucose syrup, natural mint flavouring.

La Brique du Capitole

A flaky sweet filled with a centre of hazelnut and almond praline



History: Founded in 1951, La Brique du Capitole is an iconic confectionery in Toulouse. Its name pays homage to the city's famous pink bricks and the renowned Place du Capitole. It is said that the confectioners wanted to create a treat that resembled a little piece of Toulouse which you could take with you wherever you went.

Toulouse is known as 'the Pink City' thanks to the terracotta bricks that have adorned its houses and monuments since the Middle Ages. This technique dates back to the Romans: as there was little building stone in the area around Toulouse, they used clay from the Garonne to build the city.

The Capitole de Toulouse is the city's most famous building. It was built as early as 1190 to house the Capitouls, the magistrates who governed the city's eight districts. Its grand façade features eight columns, representing these historic districts of Toulouse.

Ingredients and ALLERGENS*: *Sugar, glucose syrup, ALMONDS*, HAZELNUTS*, acidity regulator: citric acid, vanilla flavouring.*

May contain milk and egg*

Le Bonbon à la Violette



Ingredients : *Sugar, glucose syrup, natural violet flavouring 0.4%, acidity regulator (citric acid), colouring agent E120, natural colourings (beetroot red & medicinal vegetable charcoal).*

La Brique à la Violette de Toulouse

A flaky sweet with the fragrance of Toulouse violets



History : The Brique à la Violette is a sweet treat inspired by the famous Toulouse violet, which has become one of the city's symbols thanks to its delicate fragrance.

The Toulouse violet has its roots in a charming love story dating back to around 1850, when an officer in Napoleon III's army brought back a violet from Parma, in Italy, as a gift for his fiancée from Toulouse. The flower adapted perfectly to the region's climate and its cultivation quickly spread around Toulouse.

By the end of the 19th century, Toulouse was renowned throughout Europe for its fragrant violets, and confectioners began using the flower in sweets, syrups and chocolates.

Ingredients and ALLERGENS*: *Sugar, glucose syrup, caramel (sugar, water), ALMONDS*, HAZELNUTS*, natural violet flavouring 1.0%, acidity regulator: citric acid.*
May contain traces of other nuts*.

Le Calisson d'Aix

Candied fruit confection with almonds,
coated in royal icing



History: The 'Calisson d'Aix' is one of the most famous confectioneries in Aix-en-Provence. This small diamond-shaped sweet, combining almonds, candied melon and orange peel, has become a symbol of Provence.

Legend tells that the calisson originated in the 15th century at the marriage of King René to Jeanne de Laval. The queen, reputed to be ungracious, is said to have smiled when she tasted this sweet. She is said to have remarked in Provençal, 'Di calin soun', meaning : 'these are hugs', an expression which is said to have given rise to the name 'calisson'.

Thanks to the almonds and candied fruit produced in Provence, the calisson quickly gained popularity in Aix-en-Provence. By the 17th century, this sweet was already renowned throughout the region and remains to this day one of the best-known Provençal specialities.

Ingredients and ALLERGENS*: Candied fruit (candied melon and orange peel, lemon), ALMONDS*, sugar, EGG WHITE*, unleavened bread (potato starch, sunflower oil).

Le Caramel au sel de Guérande

Creamy caramel with a delicious salted butter flavour



History : In 1977, the Breton chocolatier Henri Le Roux came up with the idea of mixing salted butter with caramelised sugar and crème fraîche. In doing so, he created a melt-in-the-mouth, delicately salted caramel that truly reflects the region and the spirit of Brittany.

In Brittany, butter was traditionally salted because, unlike many other regions of France, Brittany was exempt from the gabelle. The gabelle was a tax on salt introduced under the Ancien Régime – that is, during the period when France was ruled by kings, before the French Revolution of 1789.

Guérande salt has been harvested for over a thousand years in the region's salt marshes. In the Middle Ages, this salt was so precious that it was nicknamed 'white gold'. It was used to preserve food long before the advent of refrigerators.

Ingredients and ALLERGENS*: *Glucose syrup, sugar, sweetened condensed MILK*, fresh BUTTER* (milk) (10%), milk powder, Guérande salt (0.8%), Guérande fleur de sel (0.3%).*

May contain nuts*

Le Chuque du Nord

A delicious coffee-flavoured treat
filled with creamy caramel



History: In 1887, in Douai, the confectioner Victor

Piteau is said to have had the idea of pouring leftover chicory coffee over hot caramel. Once it had cooled, he discovered a surprising treat: a crunchy, coffee-flavoured shell enclosing a soft, melt-in-the-mouth centre.

The locals nicknamed this sweet 'Chuques', after the Ch'ti word 'chuque', which means 'sugar'.

At that time, chicory was very popular in northern France. Following the continental blockade imposed by Napoleon I in the early 19th century, coffee became scarce and expensive. The locals therefore got into the habit of replacing coffee with, or mixing it with, chicory, which was grown locally in the region.

Chicory is a plant whose root is used. The root is dried, roasted and then ground to produce a powder with a slightly bitter, caramelised flavour, similar to coffee.

Ingredients and ALLERGENS*: Sugar, glucose syrup, hydrogenated vegetable fat (coconut), concentrated MILK*, cane sugar molasses, coffee extract, acidity regulator: calcium carbonate, salt, sodium bicarbonate, natural flavourings.

May contain nuts*

Les Gaufres fines

Thin, crispy waffles with brown sugar



History : Since the 19th century, thin waffles, known as 'strinjs', have been made by grandmothers in the North at the start of the year to offer their best wishes. Given to loved ones during New Year's visits, they symbolised affection, sharing and generosity. They were known at the time as 'les petites étrennes'.

Their unique flavour comes from vergeoise, a brown sugar made from sugar beet. Widely used in northern France, vergeoise is mild and imparts a slightly caramelised and malty taste.

Sugar beet cultivation expanded significantly in the 19th century following the continental blockade imposed by Napoleon I, when cane sugar became scarce in France. Since then, vergeoise has become one of the North's great culinary symbols.

Ingredients and ALLERGENS*: *WHEAT* flour (100% French), BUTTER* 21.7%, sugar, brown sugar 13.5%, whole EGGS*, salt, emulsifier: SOYA* lecithin, raising agents: sodium bicarbonate, ammonium bicarbonate.*

Le Marron d'Ardèche

Candy filled with Ardèche chestnuts



History : Cultivated in the Ardèche for over 2,000 years

– probably as far back as Roman times – the chestnut quickly became an essential resource in regions where wheat was difficult to grow. Nutritious and easy to store, it played a central role in the daily lives of families in the Ardèche. The chestnut tree was, in fact, nicknamed ‘the bread tree’.

The Marron d'Ardèche originates from these ancient chestnut groves. Over the centuries, the locals selected and grafted the best varieties to produce larger, sweeter and easier-to-peel fruits: the marrons.

An anecdote tells that in days gone by, during the long winters, some families lived almost entirely on chestnuts, which they ate roasted, dried or ground into flour.

Ingredients and ALLERGENS*: *Wheat glucose syrup 49 %, sugar 40 %, Ardèche chestnut purée 10 %, flavouring < 1 %*

La Marseillote

Nougat with hints of aniseed,
Honey and candied orange, coated in cocoa



History: Created in 1997 by the Marseille-based confectioner Jean-Marie Fouque, La Marseillote is a sweet treat designed to take you on a journey through the flavours of Marseille.

Inspired by the city, its sunshine, its harbour and the scents of the Mediterranean, this confection blends warm, spicy aromas reminiscent of the Orient and the markets of Provence.

Jean-Marie Fouque conceived a sweet treat ‘carried by the mistral’, releasing a burst of flavours on the palate with every bite. La Marseillote thus evokes the sea, the sun and the cosmopolitan history of Marseille, a crossroads of Mediterranean trade for over 2,600 years.

Ingredients and ALLERGENS*: Nougat (sugar, glucose syrup, ALMONDS*, candied orange peel (orange peel, glucose syrup, dextrose, sugar, preservatives: E202 (SULPHITES)*, acidity regulator: E330, honey, unleavened bread, EGG albumin*, natural aniseed and vanilla flavourings, milk chocolate 15% (sugar, cocoa butter, whole MILK* powder, cocoa mass, emulsifier: SOYA* lecithin, natural vanilla flavouring), cocoa powder, sugar.

May contain other nuts*

La Noix du Dauphiné

Bonbon feuilleté au délicat goût de noix



History : Known as the 'land of walnuts', the Dauphiné is now home to the largest walnut grove in France. The walnut tree is thought to have been introduced as far back as antiquity by the Romans, who already valued its fruit for its nutritional value and its oil.

Walnut cultivation dates back to the 11th century. At that time, walnuts were so valuable that they were sometimes used to pay certain taxes and feudal dues.

Thanks to its favourable climate and fertile soil, the region quickly developed a wealth of expertise in walnut cultivation, passed down from generation to generation.

Ingredients and ALLERGENS*: Sugar 57%, WHEAT* glucose syrup 27% (contains sulphites), ALMONDS* 7%, WALNUTS* 7%, HONEY* 1%, Flavourings 1%.

May contain other nuts, milk and sulphites*

Le Nougat de Montélimar

Soft Montélimar nougat,
Orange-flavoured chocolate-coated nougat



History: In 1595, the Occitan word 'noga', derived from the word 'noix' (walnut), appeared in a treatise on pharmacy, providing early evidence of the long-standing use of dried fruit and honey in the sweet treats of the south of France.

In the 16th century, the Ardèche-born agronomist Olivier de Serres introduced and developed the cultivation of almond trees in the Montélimar region. More delicate and easier to preserve than the walnuts or pine nuts used previously, almonds quickly became the main ingredient in local confectionery.

Mixed with honey and sugar, they gave rise to the famous Montélimar nougat, which is soft and fragrant. Thanks to its location on the main road linking Paris to Provence, Montélimar made its nougat famous throughout France as early as the 17th century.

Ingredients and ALLERGENS*: *Sugar, ALMONDS*, glucose syrup, honey, PISTACHIOS*, potato starch, icing sugar, unleavened bread (water, starch, olive oil), EGG WHITES*. Natural vanilla and orange extracts, cocoa mass, dark chocolate.*

May contain soya, milk and other nuts*

Les Œufs de mouette

Stuffed egg with crunchy praline puff pastry



History: In the 19th century, along the Atlantic coast, collecting eggs from seagulls and gulls was a common practice. Around 1865, these eggs were regarded as a seasonal delicacy and were sold at markets in the spring, particularly in fishing ports.

In the 1920s, a confectioner had the idea of creating a sweet that resembled them. Using a fine layer of sugar applied with a brush, he reproduced the characteristic speckled pattern of seabird eggs.

Around 1950, with the introduction of the first measures to protect seabirds and the gradual ban on the collection of wild eggs, this tradition gradually disappeared. The confection, however, remained in the shop windows of seaside resorts and became a delicious symbol of seaside holidays.

Ingredients and ALLERGENS*: *Sugar, milk chocolate and white chocolate (cocoa butter, MILK* powder, cocoa mass, whey, emulsifiers: SOYA* lecithin, E476, natural vanilla flavouring), praline and HAZELNUT* paste, butter (MILK*), glucose syrup, rice starch, stabiliser: acacia gum/gum arabic, icing sugar, coating agents (shellac, carnauba wax, beeswax), flavourings, vegetable-based colourings (including vegetable carbon).*

May contain traces of other nuts.

La Pastille des Savoies

Sweets made with natural herbs
(Lemon verbena, sage, burnet,
blueberry and peppermint)



History : Created around 1950 by a Savoyard herbalist, the Pastille des Savoies is a herbal lozenge. It was designed to provide natural relief from minor digestive complaints suffered by mountain dwellers following the region's rich and hearty meals.

Made from five plants with recognised beneficial properties: lemon verbena, sage, burnet, blueberry and peppermint essential oil, this lozenge helps to soothe heartburn, bloating, nausea and acid reflux.

Mint and sage, known for their antiseptic and refreshing properties, also soothe an irritated throat.

Ingredients: *Glucose syrup, sugar, natural extracts of verbena, sage, pimpernel and blueberry, peppermint essential oil, natural colouring: chlorophyllin*

Le Quernon d'ardoise

Caramelised nougatine with almonds
and hazelnuts, coated in blue chocolate



History : The first major slate quarry near Angers was opened in 1406, at a place known as Tirepoche. From the Middle Ages onwards, Anjou slate was highly sought after for roofing castles, churches and houses, thanks to its strength and resistance to rain.

From the 19th century onwards, the slate quarries of Angers were among the largest in Europe and provided a livelihood for thousands of workers known as the ‘gueules bleues’ (blue faces), a reference to the dark dust that covered their faces after work.

Created in 1966, the Quernon d’Ardoise pays tribute to this historical heritage. With its blue-grey colour and shape reminiscent of a piece of slate, this speciality from the Anjou region evokes the famous roofs that have defined the identity and charm of the city of Angers for centuries.

Ingredients and ALLERGENS*: *Sugar, white chocolate (sugar, cocoa butter, whole MILK* powder, emulsifier: SOYA* lecithin, natural vanilla flavouring), ALMONDS*, HAZELNUTS*, brown sugar, dextrose, spirulina concentrate, apple, radish and blackcurrant.*

La Rose de Provins

A rose-flavoured puff pastry sweet from Provins



History: Legend has it that around 1240, on his return from the Crusades in the Holy Land, Thibaut IV of Champagne brought back an exceptional rose from the East: the Rosa Gallica, now known as the Rose of Provins.

Carefully cultivated in Provins, a major medieval market town situated on Europe's trade routes, this rose quickly became famous for its medicinal properties, which were used by medieval apothecaries to prepare syrups, ointments and remedies.

Highly prized also for its delicate fragrance, the rose contributed greatly to Provins's renown from the 13th century onwards. Merchants and travellers came to discover this precious flower, which over time became one of the town's historic and culinary symbols.

Ingredients and ALLERGENS*: *Sugar, glucose syrup, honey 10 per cent, Provins rose alcoholate 3.1 per cent (60 per cent vol alcoholate, honey and Provins roses), rose flavouring.*



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