

LYSIELLE CARIOT

EXECUTIVE CHEF

Zagat-rated and Wine Spectator Grand Award recipient

J'aime Naples et la Provence . . .

C'était le coup de foudre.

I love Naples and Provence . . .

It was love at first sight.

How did you become a culinary sensation?

As a self-taught chef, food has always been my passion. For as far back as I can remember, I have been fascinated by flavors, textures and aromas.

Growing up in Provence, I was mesmerized by the aromatic smell of the oils of wild herbs from the "Garrigue," mixed with the scents from the flowers. A walk through this landscape was a sensuous experience. To be able to play with those aromas and flavors, as well as preparing and combining different ingredients, is why I became a chef.

Cooking also makes me dream and travel, and I choose almost all of my destinations in order to discover new foods, savors and flavors. There is nothing like experiencing ingredients that are an expression of the terroirs where they come from, and the cultural richness and history behind each recipe. Cooking, for me, is a creative process of re-inventing and adjusting old and new recipes with imagination, elegance and class, and making them available to my guests. Bon appétit!



Bleu Provence

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