

APRIL
2020



HAPPY EASTER 🐰

LMQ are giving all our subscribed readers free Easter goodies!! Just send your name to the email address below, putting 'Easter goodies' in the subject line to get your free

Easter goodie bag 😊
lemoulinq@gmail.com



LMQ NEWSLETTER

Showcasing : Nantes

Nantes is a city on the Loire river, in the upper Brittany region of western France and will always be known as the capital of Brittany, even though it's now in a different region. The Dukes of Brittany ruled their lands from here until the Duchy was united with France in the 16th century and their former seat of power, he restored medieval Château des Ducs de Bretagne, is still one of Nantes most commanding buildings.

Ride the city's Navibus to the marvellous machines on the Île de Nantes or lounge by the riverside in the bohemian village of Trentemoult on the left bank.

One of the must sees in Nantes is the 'Jardin des Plantes' which hosts 10,000 species into its seven hectares. The gardens are right in the middle of the city, just ten minutes on foot from the Château des Ducs de Bretagne.

A great feature here in the park is the 'Palm House' - a fabulous late-19th-century metal and glass structure with plants from tropical America, while the three greenhouses to the sides have orchids from Africa and Asia.



source: flickr. le poussin endormi

Another attraction not to miss is on the west side of Nantes. The Île de Nantes is inhabited by whimsical animatronic creatures inspired by Jules Verne's writings and Leonardo da Vinci's fanciful gizmos, and brought to life by the artist François Delaroziere.

All the extraordinary machines here are interactive. The Grand Éléphant is 12 metres tall and carries 52 passengers on its back for a walk in which you can feel the vibration of every step.

The Carrousel des Mondes Marins is a gigantic carousel with moving marine creatures, and the Arbre aux Hérons is a climbable sculpture with ramps and stairways in the form of a vast tree.

The indoor Galerie des Machines has many more sculptures and you can see how they were designed and built.

Sacré Bleu!

A French cook has published a book to reuse leftovers of bread and wine for new dishes.

The book called *Le Pain et le Vin: Le livre de cuisine anti-gaspillage* by Aurélie Théron gives 60 recipes to do in less than 40 minutes.

I can honestly say, everyone would be going hungry in our house... leftover bread?? Leftover wine???? 🤔🤔

Source The Connexion

Little bites

With it being Easter this month, once you've filled up on all that chocolate, the last thing you're going to want to do is cook. So, here are a couple of ideas for you to fill that little savoury space in your tummy...

Make guacamole by taking 2/3 avocados and mashing with finely chopped 1/2 red onion and a chopped red tomato, 1/2 tablespoon of ground coriander, 1 crushed garlic clove, a pinch of salt and pepper, a squeeze of half a lime and load onto crackers or toast triangles, yum 😊

Grate some cheese, finely chop an onion and a tomato and put to one side. Take 2 flour wraps and brush one side of each wrap with some olive oil. Put the grill on medium and then warm a frying pan on a medium heat on the hob. Place the wrap in the pan, oiled side down, and then sprinkle with the cheese, onion and tomato. Place the oiled side down of the second wrap on the top and place a plate or some other heavy heatproof lid on top to flatten the quesadilla. Cook for about 2-3 minutes on the hob then take the plate/lid off and place under the grill to crisp the top and brown slightly. Cut into triangles with a pizza cutter, enjoy 😊

Final note: in these worrying times, as much as you can, keep safe and healthy and we look forward to welcoming you back to LMQ in the near future 🥰