



INTRODUCING
AM PAR
ALEXANDRE MAZZIA





Alexandre Mazzia

"Happy is he who, like Ulysses, has returned successful from his travels...."

Chef Alexandre Mazzia's *AM Par Alexandre Mazzia* is a deeply personal expression of his story, thoughts and heart. The restaurant name itself is a play on the French word for soul, *âme*, as well as Alexandre's initials. For him, to welcome guests into his home is to give them a glimpse into his soul.





Chef Alexandre Mazzia

Born to French parents but spending his childhood in the Republic of Congo, Alexandre grew up with a curious nature under myriad influences. He took inspiration from his surroundings and spent his time exploring the outdoors. A dedicated student, he earned a Degree in Science; however, it was sport that captivated his attention and, standing at 1.92 metres, he became a professional basketball player. Upon returning to France, he attended a hospitality and gastronomy school, École Hoteliere Santos Dumont in St. Cloud; his grandmother's aphorism of "cooks never starve" had affected him significantly. He then accepted numerous apprenticeships, working at Place de la Madeleine in Paris and several celebrated French kitchens before travelling to Spain, where he staged at the world-famous Santi Santamaria in Barcelona. While continuing his ascent in the kitchen, Alexandre combined experiences in the world's best restaurants with a pro basketball career until an injury forced his retirement in 2004.

Alexandre's first solo position was as a private chef at Le Hom'Art in Avignon, where he spent a year and a half cooking for dignitaries and VIP clientele. In 2009, he accepted a permanent role in Marseille at Le Corbusier, where his own style began to formalise and emerge. Life in Marseille suited Alexandre, and he began to cook more confidently, leaning on the surroundings and incorporating local produce with his African childhood and influences. With its geographical positioning - located on the coast of the Gulf of Lion and part of the Mediterranean Sea - and its history as an important port city, Marseille challenged Alexandre, forcing him to explore further and search deeper. Opening *AM Par Alexandre Mazzia* in 2014; he continues exploring and taking inspiration from the sunshine city.





Feeding his soul

Alexandre continues to seek creativity from his experiences and surroundings, pushing himself into a place of imaginativeness and boundless creativity where he is able to test new ideas. Memories of his childhood in The Congo, his travels across Europe and the sights, sounds and smells of Marseille all feed into this creativity and result in a new type of cuisine. The influence of France remains strong, but Spain and Central Africa, too. His was a training of haute cuisine, altered through time and shaped by a life of transit and multifarious cultures in which guests journey on a replication of Alexandre's many adventures in a new innovative menu, one without rules and boundaries.

Mastering raw ingredients and transforming them with such freedom continues to offer excitement and freedom to Alexandre. With the relationships formed with his producers and suppliers, he can experiment further and apply varying techniques and new, left-of-centre ideas to the finest ingredients. This combination allows him to cook with confidence and originality, not bound by past teachings or the perceived food of the region, but something entirely authentic.



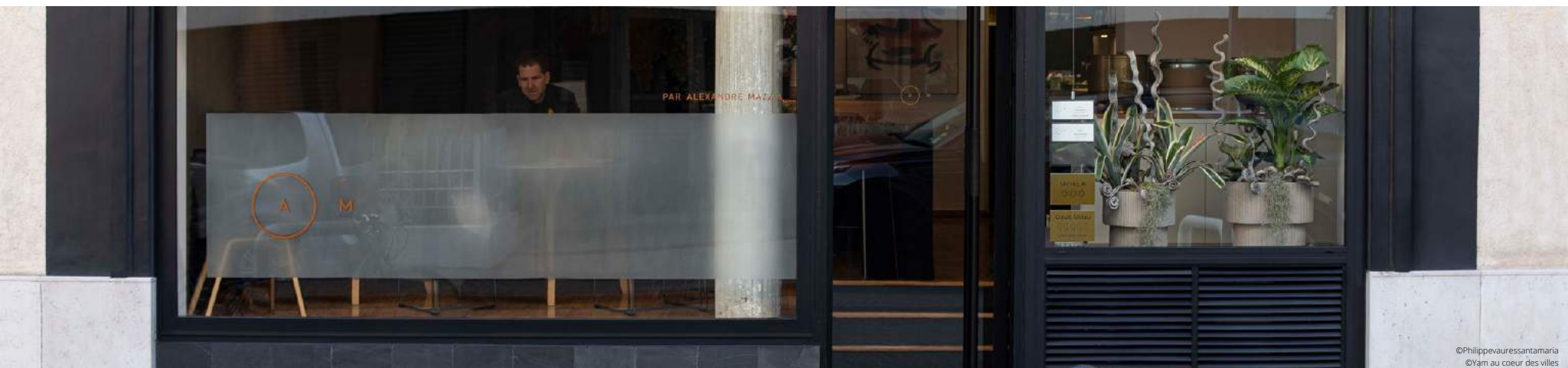


Location

Located on a quiet street near the Prado beaches of Marseille, *AM Par Alexandre Mazzia* is situated within a small house where interior details reflect the history of this charming Côte d'Azur former homestead. With bare concrete walls, wooden parquet flooring and century-old Compagnons du Devoir oak counters, there is a feel of old-time nostalgia, alongside contemporary modifications by Alexandre and his team. The seamless introduction of the kitchen is embraced by the building as if welcoming its new purpose, as guests take their seats with the visible chefs at work as local, seasonal ingredients are reworked.

A house in time

Patience, respect, kindness and trust are values Alexandre has lived by and shares today with his team. No single voice stands above the other in this democratic world of unity, where the menu is created to flow seamlessly from savoury to sweet. To him, traditional chef roles are redundant in this creative world, and there is no divide between one kitchen section and another. The result is a unified team, where hospitality is the only hero in a union of host and guest.





Menu

Guests can expect evolving Travel Menus, where ever-changing expressions of Alexandre's thoughts and ruminations of the day transpire. Menus range from ten to twenty-five individual small dishes, uniting the kitchen and the diner and designed to each guest's mood, appetite and energy on the day.

With worldwide influences, Alexandre's repertoire dips and dives with pickings from across the globe. While his producers, suppliers and growers gravitate around Marseille, his inspirations and learnt techniques are infinite. His relationships with local suppliers significantly impact the menu and form the genesis of many recipes. Jean-Baptiste Anfosso lovingly grows permaculture vegetables, Sylvain Erhardt delivers his famous springtime asparagus and Xavier Alazard blends divine olive oils. Given the seafront location, Alexandre is regularly in contact with local fishermen, too, sampling the morning catch and working with Fabian Gardon, one of the youngest fishermen in Marseille. He sources spices from Saladin in Noailles, Romuald, a specialist of Indian spices and Arnaud, who travels around the world to discover spices.



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A triangle of tastes

At the heart of Alexandre's cooking is a triangle of flavours, pointing to spice, smoke and chilli. Each flavour weaves between courses and connects his childhood in Pointe-Noir (the second-largest city in the Congo) to his current home in Marseille, where heat lifts ocean flavours, and smoke infuses and slow-cooks fish - inspired by fishing trips with his father.

Spices

Galangal, ginger and cumin balance in a signature blend of spices that Alexandre uses like salt to season and heighten each dish's flavour, colour and depth. Other flavours, like the use of fennel, bring a light-aniseed profile to dishes.

Smoke

Burnt and charred woods create smoky aromas that boldly punctuate Alexandre's cuisine. Different varieties of wood, such as vine shoots, beech wood and olive tree, are used to present varying levels of woodiness, imparting all manner of delicate smoky flavours.

Chilli

Another connecting thread is Alexandre's knowledge of chilli. Under his control, chilli builds bridges between flavours, creating an energetic tension that allows a dish to reveal a heightened taste. With over 45 kinds of chillies, some remain vibrant and fresh while others are submerged in oil or brine, dried or powdered. The results allow for the liberal application of varying chilli flavours and heats.





The menu is a freestyle evolution, always bold, always contemporary, and always technically precise. Take, for instance, a recipe like chocolate-smoked eel tartlet, as explosive as it is beguiling, and a langoustine coated in manioc with egg yolk confit and mirin rice wine, which lifts the natural sweetness of the langoustine and lends mild acidity from the use of mirin. The menu playfully examines colours and flavours, stretching ingredients' capabilities and showing guests what's possible with creative expression. From vitaminised oranges to coral blues, dishes visually set the tone for guests' expectations while always respecting the locale and the seasons.

Drinks

A preference is demonstrated for champagnes with an extensive list of 60 references, many exclusively from small producers. White wines, too, are a harmonious link with the aromatic palette of the chef. Pairings by the glass are reworked daily, depending on the maturity of each bottle and what "tastes" best at the time of serving. A tea lover, Alexandre has also listed an alternative pairing with teas from all over the world: Japanese, Chinese and Indian, unearthed at La Luciole in Marseille.

As the experience comes to a close, an aromatic infusion of herbs and spices is offered that compliments the menu, the season and the moment.





FACT SHEET

Address: 9, rue François Rocca, 13008 Marseille

Telephone number: +33 4 91 24 83 63

Email: contact@alexandre-mazzia.com

Website: www.alexandre-mazzia.com

Opening Times:

Lunch & Dinner: Wednesday - Saturday

Main dining area: 20 seats

Chef Patron: Alexandre Mazzia

Head Sommelier: Jean Philippe Rock

Opened: Spring 2014

Lunch Travel Menu: 235; 285 or 335 €

Dinner Travel Tasting Menu: 335 or 395 €

