



## The 5 Secrets of a Foodie

27 year-old Victoire Finaz, founder of Abanico, is a rising star among chocolatiers who confirms- chocolate doesn't make you fat.

By Arielle Savergne.

### I eat what I like

**Eating a pastry and thinking "I'm going to put on weight," takes all the fun out of food.**

Guilty eating is neither enjoyable nor intelligent. I never feel ashamed by what I put in my mouth. There's no point denying our selves the sweet things in life. If I eat an éclair, I will savour its delicious taste rather than worry about the consequences.

### When I eat out, I normally choose the lightest thing on the menu.

I rarely order desert, and if I do I'll share it with someone. **I never have sugar in my coffee, nor do I add it to the deserts I make.** Sugar is there to complement tastes not to act as a substitute.

When it comes to dark chocolate, the smell should be sweet, but the taste-slightly bitter.

**Even if I'm really hungry, I prefer to wait until mealtime rather than eating the first thing I feast my eyes on. Take it from me- it's never worthwhile and always high in fat.** In our society, where we eat every 4 hours, hunger tends to dominate and often its mostly psychological. So I eat to satisfy my hunger, but what's on my plate has to be good.

### I eat slowly

**For me it's a sensory experience. I always eat with a knife, fork and my five senses at the ready.**

First, food must have an aesthetic beauty. That being said this doesn't always ensure quality-I've eaten some delicious looking pizzas that lacked any sort of flavour.

Food has to also smell good and the taste comes at the end. It's important we educate ourselves on the right way to appreciate food. Although my great-grandfather was a chocolatier, I ate chocolate for a long time, unaware of its different aromas and fine flavours.

### I set aside most of my time to get the balance right

Before creating my brand "Abanico", meaning "fan" in Spanish, I was an intern at the French chocolatier Pierre Herme as well as at Kraft in Madrid. **For years I was used to eating around 10 chocolates a day** and I would be lying if I said I didn't put on any weight. I have never dieted but I am careful about what I eat. For me, exercise is something I fit into my daily routine from taking the stairs to walking the dog. I prefer to walk rather than take the bus. I also go swimming every weekend because I enjoy it, not because I want to lose weight.

*Abanico-Chocolats de Creation. Boutique/Showroom  
7 rue Portalis, 75008 Paris. Abanico  
[www.abanico-chocolat.com](http://www.abanico-chocolat.com)*

### My Top 3 Indulgences

**Chocolate:** It's my line of work so it varies from eating 4 to 12 per day. My favourite chocolates at the moment are our dark chocolate hearts with rose ganache. I just ate 4 in the last ten minutes!

**Carpaccio with truffle oil:** Delicious but quite heavy, so only once a month.

**Bone Marrow Stew:** One of my father's specialties that should only be eaten 4 times per year!