



Gastronomy [Paris Area](#)

Let's share an historical moment in Paris, at La Démocratie restaurant!



Do you believe in democracy concept? In this case, you may hurry up to taste it in real in the legendary La Démocratie restaurant, settled a few steps from Le Bon Marché, the Lutétia hotel, in the heart of the famous Saint Germain des Prés quarter. Nested in a narrow bucolic building, we can say that this timeless restaurant has some history inside its walls.

Indeed, this is inside this place where the idea of Europe germinated. Lately, a new direction leads the politics of this restaurant to a brand new gastronomic way, and we invite you to have a stop, probably after a long shopping day. *By AP*



Once upon a time, [La Démocratie](#) movement was created in **Montluçon** but sadly ended in **1896**, before being replaced by **Le Sillon** political party, that was originally founded in 1898 by **Marc Sangnier** (1873-1950). His aim was to bring **Catholicism** religion closer to the **French Republic** (photo credits: AP).

From those endless **meetings**, only remains a large **room** where the members of the **group** gathered, in this former **editorial room** of the newspaper. A preciously decorated **room**, full of symbols, starring a commemorative **plaque** to **Blaise Pascal**'s accident in 1654 in **Neully**, as this **mathematician** was an inspiration for **Marc Sangnier**.



A true blue entrance leading to a covered terrace..



..prior honoring Blaise Pascal inside Le Sillon's hall.



As far as we know, and mostly due to its rich past, **La Démocratie** is consequently more than a **restaurant**, since this **historical** place also reserves you a hidden **garden**, a secret **bar** to be privatized and a magical **reception room** that has hosted numerous **major** moments, since 1902.

For your information, **Aurélien Wenger**, the grandson of the founder of the place, recently entrusted **Pascal Mousset**, president of **Tables Mousset**, to bring these exceptional **walls** back to life. Furthermore, his **culinary** group already runs **Chez Françoise** as the favorite **table** of the **French parliament**, without missing, and still in the **Left Bank**, the **vintage** styled addresses of **Le Petit Marguery** and **Le Comptoir Marguery**.



Such a spacious **garden** for this part of **Paris**, for a bright horizon..



..behind the **Felix Bar** made for **privatizations** in small groups.



This **renaissance** task would be operated through different **renovation** operations, such as a certain refreshed **decoration**, balancing between **history** and **modernity** with the recruitment of an inspired **chef**, named **Stéphane Savorgnan**.

Following a strong experience in the **Millésimes 62** restaurant, where he produced **seasonal** cuisine, the chef **Stéphane Savorgnan** has been missioned to concoct again a **bistronomic** menu, that honors different types of **seasonal** products. Among them, you could count on **pumpkin** soup with roasted **hazelnuts** and **chestnut** chips, **cassolette** of veal **sweetbreads** with **morel** sauce, **scallops** from the **Seine Bay** with its **passion** fruit sauce and celery **mousseline**, poached **conference pear**, white **chocolate** and **speculoos** cheesecake and even **fig compote**.



Pascal Mousset and the chef **Stéphane Savorgnan**...



...who adapted his delicious **scallops** with **passion** fruit.



Once inside, you could appreciate the apparent natural **light** passing through the fully renovated **dining room**, thanks to the large **bay windows**. On top of that, you could seat on the green **banquettes**, which are so reminiscent of the **garden** lights, along a couple of multicolor **art deco** lamps, adorned with suitable **tablecloths**.

In this elegant but relaxed **atmosphere**, you would undoubtedly be seduced by some evocations from the **past** mixed with the **explicit** inspiration of a skillful **chef**. A quality time which is enhanced by an unsuspected **garden** from the so urban **Raspail Boulevard**, with even a few tables scattered in this charming **greenery** (photos credits: La Democratie).



Another view from this cosy **garden**..



..nearby the assembly **table** to privatize, inside **Le Sillon** hall.



In terms of extra **privatizations**, you can be sure that the former **Sillon** newsroom can accommodate around thirty people with a special access, from the **garden** or an independent **entrance** from the **restaurant** itself. Pursuing the spirit from the eponym **newspaper** which was printed in the basement of this **edifice**, you would feel there as comfortable as the former **journalists** or **theoreticians** who occupied this large wooden **table**, that allows intimate **gatherings**.

Surmounted by a **glass roof**, where a **skylight** built in 1907, bears the emblems of the **Sillon**, featuring a **mistletoe** and an ear of **wheat**, tied with a **ribbon**.

[La Démocratie](#), 32 boulevard Raspail, 75007 Paris (France) / Phone: 00 33 (0) / Open Monday to Friday from 9 am to 10 pm / More details on their official [website](#).



If you feel **cold** inside or outside, just borrow this cruel-free **furs**..



..this **sky dome** can become clearer on daytimes.