



**01 Ain** is in Eastern France and named after the Ain river running through it. It is bordered by the rivers Saône and Rhône and the Swiss cantons of Geneva and Vaud. It is composed of four geographically different areas Bresse, Dombes, Bugey and Pays de Gex.

In Bresse, agriculture and agro-industry are dominated by the cultivation of cereals, cattle breeding, milk, cheese and poultry farming.

In Dombes, fishing assumes greater importance, as does winemaking in Bugey. This diversified agriculture generates products of national and international reputation. In particular is Bresse poultry, volaille de Bresse, blue cheese Bleu of Gex, Grièges and Bresse, carp and sturgeon of the Dombes region as well as the wine of Bugey.

**Cuisses de Grenouilles** is a traditional dish of fried frog legs. It is especially popular in the region of the Dombes. In order to prepare the dish, frozen frog legs are thawed and dried, then tossed in flour. They are then fried in butter with garlic and parsley until well done.

When served, the frog legs are usually sprinkled with lemon juice before eating. The texture of frog legs is similar to chicken wings, while the flavour is that of chicken or freshwater crayfish.

**Volaille de Bresse** are poultry with blue feet, a red crest, white feathers and white flesh with an intense, deep, gamey flavour .

Bresse chicken produces a marbling of the meat during the fattening period, and so, just like beef, develops the juiciest, firm and tender meat with the flavour of all the local leaves and seeds in its diet.

In cooking, remove the thighs and legs from the body while they are still pink, and finish them after the white meat is done to retain the moistness of the meat.

**Apremont** is a white wine that is predominantly made with the Jacquère grape variety. Apremont wines are usually fruity, mineral, and floral. They often display citrus or apple aromas, sometimes with hints of peach, pineapple, jasmine, or honeysuckle.

Their character is often mineral, and they are best enjoyed young. Apremont wines pair with regional cheese varieties, appetizers, seafood, and local dishes.

**Crème de Bresse** is a fine, smooth cream with a thick or semi-thick texture made in the regions of Ain, Jura and Saône-et-Loire in France. What is unique about the cream is its taste - slightly acidic and buttery with notes of cooked milk, vanilla and sweet biscuits.

There are two types of cream, semi-thick, used in slow-cooked dishes such as potato gratins and pastries since it is highly heat-resistant and thick, which is used as it is, as a topping for fruits or paired with cheese.

**Beurré Bosc** is a pear variety originating from Apremont. The pear is easily recognized by its long, tapered neck and lengthy stalk. The white flesh is crisp and aromatic, while the flavours are sweet and spicy. Beurré Bosc holds its shape well when baked or poached due to its firm flesh. The season of these pears starts in autumn and goes through to spring.

**Volailles de l'Ain** are the fine quality, free range chickens, turkeys, capons and guinea fowls for which this area is noted. Their diet of cereals is reflected in their delicate skin, tender and soft flesh and unique, distinctive flavour.

**Roussette du Bugey** is a local wine made from the native Altesse grape (also known as Roussette). The wines are straw-coloured, lively, refreshing, and floral and should be enjoyed young with local specialties, fish, and cheese. The appellation is a home to two cru vineyards, Montagnieu and Virieu-le-Grand. Wines from Montagnieu are slightly darker and more complex. They have a floral and fruity aroma and mineral character. Virieu-le-grand wines will have better aging potential and an aroma reminiscent of dried and candied fruit.

## **Tartiflette (French potato, bacon, and cheese casserole)**

The dish derives from Savoy in the Alps and is served with a leafy green salad dressed with an acidic vinaigrette to balance out the fattiness of the reblochon cheese. Top it off with a dry white wine

Preparation Time - 40mins    Cooking Time - 35mins    Serves 4

## **Ingredients**

1 kg floury potato

2 onions

1 clove garlic

200 g smoked bacon

1 tbsp olive oil

200 ml white wine

500 g Reblochon cheese

150 ml milk

Salt

Pepper

## **Method**

Preheat oven to 200°C(fan180) 400°F.

Add potatoes to a pot of cold water.

Season with salt, then bring to a boil over medium-high heat and let boil for approx. 10 - 15 mins, or until fork tender.

Drain and let cool.

In the meantime, peel and mince onions and garlic.

Roughly chop bacon.

Heat olive oil in a large pan over medium heat and sauté bacon and onions for approx. 3 min.

Add garlic and sauté for 2 min. more.

Deglaze with white wine and let cook for approx. 2 min.

Peel and slice cooked, cooled potatoes.

Add half of the potato slices to a baking dish.

Season with salt and pepper and top with half of the bacon-onion mixture.

Layer over half the sliced Reblochon and repeat the process with remaining ingredients.

Cover with milk and bake for approx. 30 – 40 min., until the top is golden brown.