



**04 Alpes-de-Haute-Provence** is situated in the central-northern part of Provence, with Digne-les-Bains as department capital. The scenery is of course the highlight of this part of Provence with the dramatic Gorges du Verdon in the east and the Verdon Regional Natural park to the south.

The fortified Luberon hill villages to the south-west and the rugged Mercantour National Parc to the north-east complete the scenic extravaganza.

The department benefits from an exceptional amount of sunshine throughout the year giving rise to its exceptional and unique produce.

These local quality products include honey, olives, truffles, Banon cheese, Sisteron lamb, fruit juice from Entrevaux, cured meat from the Ubaye

**Sisteron Lamb** is better known as César lamb comes from a healthy, natural food based on ewe's milk, fodder, and cereals. This gives César farm-bred lambs a pink, tender and tasty meat of superior quality.

**Banon** is a goat's cheese from the region of Banon made from soft curds, moulded and wrapped in brown chestnut leaves to ripen. It is smooth, soft and has a creamy taste

**Aromatic Plant Based Aperitifs** and Liqueurs have evolved from the cultivation and distillation of lavender, clary sage, mint, tarragon, hyssop, thyme, etc. and including Pastis made with 50 spices and herbs.

**Truffles** (Rabasse) are the black diamond in Alpes-de-Haute-Provence and provides 80% of national truffle production. They are grown on Valensole plateau in the Verdon and the pays de Forcalquier.

**Lavender Honey** is the Rolls-Royce of honeys - golden, sweet but with a hint of acidity. It is harvested at the end of the lavender blossoming time, in July and August, Other honeys produced in the area are rosemary, linden flower, sunflower, acacia.

Almonds of the Valensole plateau are much sought after and appreciated by confectioners, pastry-cooks and biscuit makers for their nougat, pralines,

croquants, macarons, biscuits, calissons, marzipan.

## **Parmentier d'Agneau (Sisteron Lamb)**

Serves 6

### **Ingredients**

500g breast of lamb,

2 eggs,

300g breadcrumbs,

1 glass white wine,

1 glass olive oil,

30g butter,

1 onion, 1 carrot, 1 bouquet garni, 3 cloves garlic,

3 litres chicken stock,

2 cloves, coarse salt, pepper,

1 kg charlotte potatoes,

1 plant of basil

### **Method**

Put the breast of lamb, the three litres of stock, the onion studded with cloves, the carrot cut lengthwise, the glass of white wine, the bouquet garni, the cloves of garlic and a handful of coarse salt into a sauté pan.

Bring to the boil and simmer for 30 to 40 minutes approx.

The meat is cooked when the flesh comes away from the bone easily.

Strain the lamb, remove the bone and put the meat in a cloth

Compress to obtain a 2 cm high plaque.

Wash the potatoes carefully

Cook them in their skins in the stock.

When they are cooked, peel them, mash them and add the olive oil and coarse salt.

When the meat is cold, cut out disks with the rim of a bowl or a small plate; two disks per person.

Dip the disks in the beaten egg and then in the breadcrumbs, salt if necessary

Fry quickly on both sides in the olive oil.

Drain on kitchen paper.

In an oven dish, arrange a disk followed by a spoonful of potato and then another disk.

Warm 5 minutes in the oven and arrange on hot plates.