



**19 Corrèze** The cuisine of Corrèze conveys the full flavour of the area.

Red and rosé vin de pays, vin paille (literally straw wine), millassous de pommes de terre (a potato pie), stuffed ceps, farcidures (a type of potato and meat dumpling), tourtous

(buckwheat pancakes) morel and chanterelle mushrooms, and truffles provide the perfect accompaniment to the delicious meats - Limousin beef, milk-fed veal, Limousin lamb.

**Freshwater Fish**, including trout, pike and pike-perch are found in the rivers and lakes.

**Tasty Fruit Tarts** such as flaugnard and clafoutis, and liqueurs made from walnuts, blueberries, raspberries etc. are the local desserts

**Apéritifs and Liqueurs** based on walnuts and red fruits grown locally, macerated, distilled and blended with fine Armagnac or Cognac.

**La Moutarde Violette de Brive** is a mild, tasty mustard, flavoured with grape must.

**Vin Pailé** is a sweet wine made from grapes that are allowed to dry naturally before being pressed. This produces white and red wines that can be served chilled as an apéritif, or with foie gras, cheeses and desserts.

**Périgord Walnuts** are used in cakes, biscuits, confectionery (chocolate walnuts are seriously good) and oil. They are also distilled into liqueurs and spirits, or macerated to make walnut wine, a pleasant apéritif. They garnish salads, accompany cheeses

**Limousin Apples** are mainly the rosy and sweet golden delicious variety.

**Monédières Blueberries**

**Strawberries** that are sweet, succulent and sun-ripened perfume the markets.

# Clafoutis

This gorgeous French pudding is full of melt-in-the-mouth goodness.

Preparation time: 15 mins, Cooking time: 25 mins, Serves 6

## Ingredients

A little oil or softened butter , for greasing

400g mixed blackberries, blueberries and raspberries

## For the Batter

50g ground almond

2 tbsp plain flour

100g golden caster sugar

2 eggs

2 egg yolks

250ml double cream

## Method

Heat oven to 190C (fan 170C) gas 5.

Oil or butter a 23cm flan dish or tin (not loose-bottomed) and scatter the berries over the base.

Whizz all the batter ingredients in a blender until smooth, pour it over the fruits and bake for 20-25 mins until risen and golden brown.

Serve warm.

# **Magret de canard, à la Moutarde Violette du Pays de Brive**

(Duck Breast with Pays de Brive Violet Mustard)

## **Ingredients**

2 duck breasts

4 tablespoons of Moutarde Violette de Brive

1 tablespoon of olive oil

30cl chicken stock

Salt and pepper.

## **Method**

In a flat dish prepare a marinade of olive oil, violet mustard, salt and pepper.

Marinate the duck breasts in the fridge for 2 hours, turning them from time to time.

Remove them from the marinade and cook in a pan for five minutes skin side down, then 3 minutes skin side up. Remove from the heat and keep hot.

Remove any excess fat from the pan without washing it

Add the marinade sauce and stock.

Stir the juices in the bottom of the pan with a wooden spoon and reduce the sauce on a high heat for 5 minutes. Slice the breasts, then place on a warmed plate and cover with the sauce.

## **Les Bouligous (Fruit crêpes)**

Serves 2

## **Ingredients**

2 tablespoons of wheat flour

2 tablespoons of sugar

1 egg

2 tablespoons of milk

1 pear, apricot, peach or apple.

## **Method**

Place the flour in a bowl and stir with a fork (this will remove any lumps in the flour).

Add the salt and sugar.

Continue stirring.

Add the egg to the mix and stir in.

Add more salt and sugar and continue to stir.

Make sure the batter does not separate by continuing to stir the mix along the sides of the bowl.

Leave to stand.

While left standing, peel the fruit and grate it into large shavings.

Add to the mix and stir in.

Heat a frying pan.

Just before you cook the bouligous add a small knob of butter to the pan.

Pour in the mix either as a large pancake, or as several smaller pancakes, using a soup spoon to help you shape them.

Once one side is cooked, flip over and cook the other side.

Eat hot or cold, topped with sugar, jam or honey.

## **Millassou Correze**

Here is the traditional recipe for millassou (or milhassou) from Mamie Marcelle, a Corrèze specialty which consists of a kind of pancake of grated potatoes, garlic and parsley, sometimes add pieces of bacon or an egg.

Preparation Time; 10min, Cooking time; 30min, Serves 2

### **Ingredients**

8 fairly large potatoes (a good kilo)

A small bunch of parsley

2 cloves garlic

Salt pepper

1 tablespoon goose or duck fat

You can add country bacon cut into pieces

### **Method**

Peel the potatoes and grate them finely.

Chop the parsley, crush the garlic and add them to the grated potatoes.

Generously salt and pepper.

Heat the goose fat in a pan.

As soon as it simmers, spread out the potatoes evenly about 1.5 cm thick

Brown the first side for about 10-15 minutes over medium heat.

When the millassou becomes stiff turn it over without breaking

Cook the other side also for 10 minutes.

Finally finish cooking in the oven for 15 minutes