



21 Côte-d'Or is a premier wine-growing region of France. It produces what are arguably the world's finest, and definitely most expensive Pinot noir and Chardonnay wines from some of the most rigorously and painstakingly classified vineyards in

the world. Other crops include cereal grains and potatoes.

Agriculture is varied. Beef cattle are raised in the upland areas in Nièvre and the western part of Saône-et-Loire, which is noted as the point of origin for the Charolais breed. Dairy cattle are raised in the east. Large-scale cereal farming is practiced in Yonne and the northern portion of Côte-d'Or. Along the lower slopes of the Côte-d'Or is Burgundy's premier wine-producing district. The vineyards, comprising the two main groups of Beaune and Nuits, produce the most celebrated Burgundy wines, including Clos-Vougeot, Gevrey-Chambertin, Nuits-Saint-Georges, and Pommard. The Yonne valley also produces fine wines, especially those of Chablis, east of Auxerre.

The region is famous for Dijon mustard and the aperitif, kir. Dijon boasts an abundance of historic architecture, some with the distinctive coloured tiles of the region, along with fine museums, art galleries and parks and a lively music scene.

Burgundy is first and foremost a land of excellent wines so they are omnipresent in the local cuisine. From the traditional beef bourguignon to dishes that are en meurette - cooked with lardons and red wine. Such dishes include œufs au vin (eggs), coq au vin, as well as charcuterie and jambon persillé (parsleyed ham).

On the hillsides overlooking the Saône are situated the grands crus of Aloxe-Corton, Nuits-St-Georges, Vosne-Romanée, Vougeot, Chambolle-Musigny, Gevrey-Chambertin, and many more.

The Saône River supplies all the ingredients needed to concoct one of the region's specialties, Pauchouse.

Pauchouse is a freshwater bouillabaisse-style stew made with tench, perch, eel, carp, pike, white wine, and garlic croutons. For dessert, how about a

Regional Specialties are coq au vin, beef bourguignon, fondue bourguignonne, escargots de Bourgogne, la matelote d'anguille à la bourguignonne (eels stewed in wine sauce), and gougères (cheese puffs).

Dessert specialties include dragées d'anis de Flavigny (anise-flavoured candies), spice bread from Dijon, Belle Dijonnaise pear (poached in wine), charlotte "rigodon" or a pear "tartouillat" (tart) , .

Regional Cheeses include Aisy Cendré, Charolais, Époisses, Saint-Florentin, Soumaintrain, and Vézelay.

Wines and Spirits include Chablis, Côte-d'Auxerre (Irancy), Vézélien, Côte-de-Nuits (Chambertin), Côte-de-Beaune (Montrachet, Pommard, Meursault), Côte-Chalonnaise (Montagny), Mâconnais (Pouilly), Beaujolais

Matelote d'Anguille à la Bourguignonne

Serves 6

Ingredients

2kg Eel(s)

For the Marinade

500ml Red wine

50ml Marc of Burgundy

2 Shallots

1 Onion(s)

4 Garlic clove(s)

1 Bouquet(s) garnished

For the Sauce

30g Unsalted butter

1 Onion(s)

2 Shallots

500g Fish bones and trimmings

500ml Red wine

500ml meat stock

2 Garlic clove(s)

For Garnish

200g Pork belly

200g Paris mushroom(s)

200g Pearl onion(s)

60g Unsalted butter

20g Powdered sugar

200g Sandwich bread

1 Garlic clove(s)

6 pinches Fine salt

Pepper mill

For the Rest of the Recipe

300ml Fish stock

50g Unsalted butter

50ml Marc of Burgundy

6 pinches Fine salt

Pepper mill

Method

For the Marinade

Peel the onion and the shallots.

Wash the garlic clove and crush it without peeling it (garlic in a shirt).

Finely chop the onion and shallots.

Cut the eels into sections.

In a container, combine the eel sections, the aromatic garnish, the red wine and the Marc de Bourgogne.

Cover and refrigerate for 4 hours.

For the Sauce (Spanish Sauce)

Crush the bones then clean them under running water to remove as much blood as possible.

Peel and chop the onion and shallots.

In a very hot casserole, put the butter and sweat the shallots and onion.

Add the drained bones and toss to sear them well until the little flesh that remains on top begins to come off.

Then deglaze with the red wine and reduce to 3/4.

Then add the meat stock and the 2 crushed cloves of garlic.

Leave to cook gently for 30 minutes.

Filter and reserve.

For the Topping

Peel the baby onions and the mushrooms.

Scallop the mushrooms.

Cut the pork belly into lardons.

Glaze the onions until brown in a saucepan

Add 20 g of butter with the caster sugar and the baby onions.

Pour water to 3/4 of the onions and cover with parchment paper.

Let the onions cook until the water has completely evaporated.

Once the water has evaporated, continue cooking until the onions take on a golden colour.

Sauté the bacon in a hot pan, then remove.

In the same skillet, sauté the mushrooms.

Mix the mushrooms, bacon bits and onions together.

Adjust the seasoning at the end and add ground pepper.

Cut the bread into cubes.

In a hot frying pan with 40 g of butter and the crushed garlic clove, sauté the bread cubes until you get a nice golden color.

Salt.

For the Matelot

Remove the eel sections and the aromatic garnish from the marinade.

Drain and carefully pat dry the pieces of eel.

In a casserole dish, make a hazelnut butter then sauté the eel sections until they are lightly browned.

Add the aromatic garnish and sweat for 3 to 4 minutes.

Flambé with Marc de Bourgogne, add 3/4 of the wine from the marinade and reduce by 2/3.

Then add the fish stock and cook for 15 to 20 minutes depending on the size of the sections.

For the Finish

Make sure the pieces of eel are cooked then remove them from the sauce (decant).

Reduce by half, then add the Spanish sauce and reduce again for 10 minutes.

Filter the sauce and add the pieces of eel and the garnish of bacon bits, mushrooms and onions.

Let the mixture simmer for 5 minutes.

Adjust the seasoning with salt and freshly ground pepper.

Arrange the matelote in a suitable dish and sprinkle with croutons.

Galette des Rois

A Great French Tradition: The “Galette Des Rois” is a puff pastry pie filled with frangipane, traditionally eaten/served on Epiphany, the day the Three Kings visited the baby Jesus.

Ingredients

400g ready-made puff pastry

75g softened butter

75g sugar, icing

1 lightly beaten egg

75g ground almond

1 tbsp cognac or dark rum

Method

Rolling Out the Circles of Pastry:

Lightly-flour your work surface then, with a rolling pin, roll out the puff pastry into two sheets of pastry – 35cm x 22.5cm

Cut a 20cm circle for the base from one sheet and a 22cm circle for the top out of the other sheet

Refrigerate for a minimum of 1hour to firm up the pastry and prevent any retraction whilst cooking.

Making the Almond Cream:

In a large bowl, whisk all the ingredients together and mix to a smooth texture

Reserve in the fridge.

Making the Galette:

Place one disc of pastry on a baking sheet.

Spoon the almond cream into the centre then, with a palette knife, spread the cream into an even circle leaving a 4cm edge around.

Brush the beaten egg yolk and water mixture around the 4cm edge and carefully drape the other circle of pastry neatly on top.

Press gently on the edge to seal the pastry.

With a sharp knife, trim the edge of the galette to an even circle so that it rises evenly.

With the back of a knife crimp the outside edge of the pastry all around.

Here you can use your artistic flair.

Chill or deep freeze the galette for 1 hour to firm up the pastry.

Scoring the Galette and Egg Washing:

Preheat the oven to 180°C (fan 160C) .

Brush the Galette with beaten egg yolk.

With the side of a fork or back of a knife, start from the centre of the Galette and score a spiral right up to the edge of the pastry.

Repeat this to achieve an attractive design.

Cooking the Galette:

Cook in the preheated oven at 180°C for 45 minutes.

Leave it to rest for 5 minutes before serving.