



23 Creuse is a department where gastronomy is simple and authentic, based on local quality products meat, cheese, mushrooms, fruit, saffron, Creusois hazelnut cake, etc Food is based on beef, lamb and pork meats and farmers believe in positive, green

sustainable and quality traditional farming methods. Outstanding specialities like the Limousin paté, Creuse nut cake, chestnut boudin (blood sausage) or Galetou (salted pancake with ham and cheese), prunes and mushrooms are all enjoyed in the region.

The area has several local soups.

Bouriquette Soup contains shallots, potato, sorrel and a poached egg.

Turret Fricassee includes bacon, onions fried in lard or goose fat.

Bréjaude Soup is a type of pot-au-feu that is simmered in a cast iron casserole of potatoes, bacon and cabbage or turnip.

Potato Pie is a favourite because it works as an entree, side dish or main course. With a fresh cream topping, this potato pie leaves a lasting impression.

Camembert Fondue is a classic that locals serve with country ham and field dressing or baked potatoes.

Limousin Casserole consists of salt pork, bacon, potatoes cabbage and carrots.

Farcidure is prepared as a spicy, savoury tart with grated potatoes, onions, garlic, parsley, lardons, salt, and pepper. It is usually served on a big platter and cut into slices. When served as the main dish, farcidure is best paired with a green salad on the side

Gâteau Creusois is a traditional French cake originating from Creuse. It's made with a combination of egg whites, flour, sugar, ground hazelnuts, and butter.

Flaugnarde is a baked fruit flan that is similar to clafoutis and is normally made with cherries, but can also be made with peaches, pears, plums, apples, raspberries, etc.

Pâté aux Pommes de Terre is a savoury potato pie consisting of sliced potatoes layered with onions, cream, garlic, parsley, salt, and pepper in a flaky puff pastry. It can be served either as a main course or as a side dish served hot. Traditionally, the pie is served with lettuce on the side, and it is recommended to pair it with a glass of cider or red wine.

Clafoutis is a traditional, crustless French flan, tart, or a type of thick pancake typically consisting of layers of batter and fruit. The flan is traditionally topped with pitted black cherries which lend their rich flavour as it bakes. It is typically served warm, dusted with powdered sugar, and a dollop of cream on the side.

Clafoutis

Serves 4

Ingredients

125 gr of flour

2 eggs

100 gr of powdered sugar

200ml of boiled milk

400 gr of cherries

A pinch of salt

Method

Beat the eggs with half of the powdered sugar, add the milk and fold in the flour and a pinch of salt.

Preheat the oven to 180 °C (fan 160C)

Butter the baking dish.

Pour the batter into the dish, then add the stoned cherries and bake in the oven for 35-40 minutes.

When finished, sprinkle with the remaining powdered sugar.

Farcidure Grillée (Firm Stuffing)

Preparation Time; 55 minutes, Serves 4-6

Ingredients

1kg potatoes (about 4 medium)

75ml finely chopped leek (white and light green parts only)

1 onion finely chopped

3 tablespoons finely chopped parsley

4 large leaves and tender stems of Swiss chard, finely chopped

2 cloves garlic, minced

Salt

Black pepper

3 slices bacon, cut crosswise into 6mm pieces

Method

Finely grate the potatoes into a large bowl.

Add the leek, onion, parsley, Swiss chard and garlic.

Mix well and season to taste with salt and pepper.

Place a large (250mm to 300mm) well-seasoned or non stick frying pan over medium heat.

Add half the bacon and sauté until the fat is rendered and the bacon is crisp, about 5 minutes.

Spread the fat and bacon evenly across the bottom of the pan, and add the potato mixture, patting it down evenly to the edges.

Raise heat to high and allow the mixture to cook undisturbed for 1 minute,

Then reduce heat to medium and continue to cook without stirring for 10 more minutes.

Gently slide a spatula around the edges of the farcidure to loosen it from the sides and bottom.

Remove the pan from the heat, place a large platter or baking sheet on top of the pan, and invert it to transfer the farcidure to the platter.

Heat oven to 180C (fan 160C).

Return the pan to medium heat.

Add remaining bacon and sauté until the fat is rendered and the bacon is crisp, about 5 minutes.

Slide the farcidure back into the skillet, uncooked side down.

Raise heat to high and cook undisturbed for 1 minute, then reduce to medium and cook without stirring for 10 more minutes.

Cover pan with a lid, baking sheet or foil, and transfer to the oven.

Bake until the centre is moist and tender, about 10 more minutes.

To serve, slide onto a platter and cut into slices.

If desired, serve with a salad, or as an accompaniment to a meat or poultry stew.