



24 Dordognes closely corresponds to the original Perigord province. The names of the four areas in which the Dordogne is divided are also a reminder of this. Perigord Vert is the northern part with Nontron as its centre. It is a rugged and wooded area, interspersed with heathland

and cultural landscapes with very few inhabitants.

Perigord Blanc makes up the north western part. Perigueux is located here, the capital of the Dordogne department.

Perigord Pourpre is located in the southwest with Bergerac as its centre. It is popular for its wine regions and while white wines originally formed the principal wine like the dessert wines of Chateau Monbazillac, nowadays there are also many red wines.

Perigord Noir with Sarlat as the most important town, forms the eastern part of the department and is heavily forested with oaks.

Because cheese is so central to the Dordogne diet, it's no surprise there is an abundance of local wines to go with them. Despite its close proximity to Bordeaux, the Dordogne produces a delicious variety of lesser-known local wines like Coteaux de Glanes that are representative of the warm summers and how the grapes ripen.

Many of the wines go hand-in-hand with traditional gourmet produce like

Magret de Canard and foie gras go amazingly well with a local sweet wine Vin de Branceil

Other local delicacies include strawberries, melon, plums and truffles or rather "Black Diamond"

Walnuts are used in vin de noix (a rich liqueur made from unripe green nuts) and walnut oil.

Agneau du Périgord has a balanced, delicate taste that is not too strong, a light pink colour, and a thin coverage of white, firm, high-quality fat.

Fraise du Périgord have an intense, sweet, deep and fresh flavour and are best enjoyed on their own, with whipped cream, in fruit salads or in refreshing strawberry sorbets.

Sobronade is a combination of potatoes and white beans flavoured with ham. It is made by boiling white beans, ham, fat and lean pork, followed by carrots, clove-spiked onions, and sliced turnips which have ideally been fried in goose fat previously.

Margotin Cheese is made from a combination of raw goat's and cow's milk. It is soft, yet firm underneath its natural rind, while the colour is pale yellow. The most popular version is Margotin au poivre, enriched with pepper.

Noix du Périgord are early or dry walnut kernels with a fine texture and a unique taste similar to black walnuts,

Saussignac is a dessert wines made in the five Bergerac communes (Gageac-et-Rouillac, Monestier, Razac de Saussignac, and Saussignac). They are dark yellow and turn golden with age. The aromas are reminiscent of white flowers, yellow fruit, apricot and quince, vanilla, cinnamon, and mango. On the palate, the wines are fruity and intense.

Black Périgord Truffles grow nestled in the roots of hazelnut and oak trees and are typically harvested during autumn and winter. They are characterized by their unique, pungent, and earthy fragrance and are one of the most expensive edible fungi in existence.

Monbazillac is a full-bodied wine with well-balanced acidity, alcohol, and sweetness, displaying aromas of honey, flowers, candied and citrus fruit. They sometimes have a distinctive nutty aftertaste.

Chaumes is a soft or semi-soft cheese made from cow's milk. Its rind is washed, and its colour is pale yellow. The cheese has a strong aroma, a supple, creamy, springy, and smooth texture, and a complex, nutty flavour.

Foie Gras Pané, Miel et Noix

Preparation Time: 1-2hours, Cooking Time: 15 min, serves 4

Ingredients

400 gr of foie gras de canard (fresh duck liver)

100 gr of Périgord walnut kernels

Acacia honey

50 gr of bread crumbs

2 large apples

Salt & pepper

Method

Chop the walnuts very thinly and mix them with the bread crumbs, season the mixture with salt and pepper.

Slice the fresh foie gras into 8 slices and cook gently in a dry pan.

Let it cool.

Once cool, spread each cold slice with the honey using a glazing brush then pass this through the breadcrumbs.

Place on a baking dish and heat for 5 minutes at 180°C before serving.

Cut the apples into large chunks and lightly brown in the pan utilizing the leftover cooking fat of the foie gras

Accompany this dish with apple slices.

Sobronade

Preparation Time; 40mins, Cooking Time; 2hrs

Ingredients

200 g Paris ham

500 g fresh pork loin

50 g fresh fatty bacon

500 g white beans, shelled or 200 g dried beans, soaked for 12 hours

4 carrots

4 turnips

4 potatoes

Stalk of celery

2 cloves of garlic

2 onions

4 cloves

Thyme

Bay leaf

Salt and pepper to taste

A few slices of bread

Method

Cut the ham into large cubes and place them in a pot with the meat and beans.

Cover with cold water and bring to a boil.

Peel and wash the carrots and turnips.

Cut them into large slices.

Grate the bacon into a pan.

When melted, sauté the turnips and carrots until a light golden colour.

Once boiled skim the broth in the pot.

Peel the celery, cut it into pieces and add it to the beans.

Pour the contents of the pan into the pot.

Finely chop the garlic and the parsley, poke the cloves in the onions and add these to the pot, with the thyme and the bay leaf.

Salt and pepper generously.

Cover and simmer gently for 1 hour.

Peel the potatoes and cut them into large slices.

Add them to the contents of the pot.

Let cook for another 30 minutes.

Top up with extra water if necessary.

At the last moment, toast 8 thin slices of country bread.

N.B. Cooking is reduced by about 2/3 when using a pressure cooker.

In this case, count 25 minutes for the first cooking and 12 minutes for the second.

To Serve

Present the meat separately, in slices

the vegetables and the broth in a large tureen,

the bread being offered alone.

Put bread in individual plates and cover them with broth.

Once served, it is customary to add a little red wine and bring the plate to your mouth, both elbows on the table and sup noisily.

This is called “doing chabrot”