



**25 Doubs** retains a strong rural character. Animal husbandry dominates agriculture and is most prevalent in the mountains. Milk, a substantial amount of which is used to produce butter and cheeses (e.g., Comté and Emmentaler), is the most important product. In the

western lowland areas, cereal cultivation (wheat, barley, and oats) is of greater importance, often with much of the harvest used as animal feed.

The raising of beef and dairy cattle also is more prominent in the lowlands than in the mountains. Areas such as Arbois and Château-Chalon in the Jura foothills produce fruit and wines. The major concentrations of industry lie in the northeast, around Montbéliard-Sochaux, and are dominated by automobile manufacturing and heavy metallurgy. Besançon also has considerable industry but, as the regional capital, one of its prime functions is administration

The region is well-known for its Comté cheese and ‘yellow wine’, but other local specialities like smoked ham and cherry jam are excellent

**Morteau** is a pork sausage from Morteau, smoked with juniper sawdust. The pigs are traditionally fattened with whey from Comté cheese making. Jésus de Morteau is a variety of Morteau with a more irregular shape.

**Saucisse de Montbéliard** is lightly smoked and seasoned with garlic and cumin and is perfect with lentils or potato gratin.

**Comté** is a versatile unpasteurised Montbeliarde cow’s milk cheese with a sweet and nutty flavour, best enjoyed with Jura wines. Comté makes a delicious fondue.

**Morbier** is a rich and creamy cow’s milk cheese with a black vein through the middle, traditionally made in two layers and sandwiched with ash.

**Jambon de Luxeuil** is a top of the range dry cured ham from Luxeuil-les-Bains often served as a starter with melon and also used in salads.

**Bresi** is a smoked salt beef and is a popular choice for l’heure de l’apéro.

**Poulet de Bresse** is chicken from Bresse with distinctive blue feet, white feathers and red comb like a walking Tricoloure

**Jambon Fumé du Haut-Doubs** is a lightly smoked, dry cured ham produced in the Jura mountains. Each one is dried for at least six months and is the perfect accompaniment to raclette.

**Absinthe.** The Abstinthe Trail reveals fields of herbs, smuggling locations, distilleries and museums. Pontarlier produces a speciality pine liqueur.

**Cherries** come from orchards in Fougerolles. Used to make jam, syrup, desserts of all kinds, as well as kirsch.

**Honey** – the region’s pine forests and flowering meadows are ideal for foraging bees.

**Straw Wine** (vin de paille) – grapes are dried on straw mats for several months to make them even sweeter, necessary in a dessert wine.

**Yellow wine** (vin jaune) – a white wine with a golden colour acquired by barrel ageing with yeast.

Daube de Boeuf

Preparation Time; 3 hours 20 mins, Serves 4

Ingredients

600g of feather blade of beef

50g of plain flour, seasoned with salt and pepper

1000ml of red wine, full-bodied

2 carrots, peeled and roughly chopped

1 onion, peeled and roughly chopped

8 sprigs of fresh thyme

2 garlic cloves

200g of button mushrooms

200g of pancetta, cut into lardons

1000ml of veal stock

1/2 orange

1 tbsp of butter

2 tbsp of vegetable oil

salt and pepper to season

To Serve

100g of carrots, roughly chopped

100g of onion, roughly chopped

100g of button mushrooms

100g of pancetta

1 tbsp of butter

1 tbsp of vegetable oil

Method

Preheat the oven to 105°C(fan 95C) gas mark 4

Season the beef with salt and pepper and dust with the seasoned flour

Heat 1 tablespoon of oil in a pan over a medium heat.

Gently sear the beef for a minute on each side until golden

Remove the beef from the frying pan and set aside in a warm place.

Add 175ml of red wine to the pan to deglaze, stir and set aside

Set a pan over a medium heat and add 1/2 tablespoon of oil and 1/2 tablespoon of butter.

Once hot, add the carrots, onions, garlic and thyme and cook for 15-20 minutes

Add the remaining butter and oil to a separate pan and fry the bacon lardons and button mushrooms for 2 minutes.

Add the lardons and mushrooms to the cooked vegetables, stir, and carefully drain any excess liquid from the pan

Add the remaining red wine (825ml) to a large saucepan, bring to the boil and flambé to remove the alcohol

Add all of the wine, beef, vegetables and orange to a braising pot and bring to a simmer.

Cover with a lid and place in the oven for 2 hours

Once ready, remove the meat and carefully pass the sauce through a sieve into a saucepan.

Boil on a high heat until reduced by half, then add an equal amount of veal stock.

Reduce again on a high heat for 15 minutes until the sauce has a smooth, silky consistency

Cut the braised beef into 4 chunks, place back into the braising pot and pour over the sauce.

Return to the oven for 15 minutes

## To Serve

Heat half of the oil and butter in a pan over a medium heat and cook the carrots and onions for 15 minutes until soft.

In a separate pan, heat the remaining oil and butter and fry the pancetta and button mushrooms for 2 minutes.

Add to the cooked vegetables and carefully drain any excess liquid from the pan.

Remove the beef from the oven and stir the pancetta, mushroom and vegetable mix into the sauce.

Serve immediately with creamy mashed potatoes