



**27 Eure** is part of the current region of Normandy and is surrounded by the departments of Seine-Maritime, Oise, Val-d'Oise, Yvelines, Eure-et-Loir, Orne, and Calvados. It also has a short coastline with the Atlantic Ocean across the Seine estuary.

The department is a largely wooded plateau intersected by the valleys of the River Seine and its tributaries.

The altitude varies from sea level in the north to 248 metres above it in the south. The main tourist attraction is Giverny where Claude Monet's house and garden can be seen.

Agricultural production is divided approximately equally between arable farming and cattle raising. Highly productive cereal farms are found in the east, while dairying predominates in areas such as the Pays de Bray in Seine-Maritime and the Pays d'Ouche and Lieuvin in Eure. Dieppe is an important fishing port.

Norman cuisine relies heavily on cream, which is served with eggs, fish, poultry, and vegetables.

Calvados produces superlative apple cider, which is aged with nuts in small oaken barrels. It is also distilled into the celebrated apple brandy that bears its name - Calvados.

Specialities of the region include the apple in its various forms: an aperitif, apple juice, Normandy cider, pommeau (a mix of apple juice and Calvados apple brandy).

**Escalope à la Normande** (thin slices of chicken or turkey flambéed in calvados and cooked in Normandy cider and cream).

**Marmite Dieppoise** using all types of seafood in a creamy, salty broth, combining butter, cider and crème fraîche, molluscs, crustaceans and fish. Seen on the menu at many restaurants throughout Normandy – especially in coastal villages.

**Trou Normand** is offered either between meal courses or as a dessert in a small cordial glass. The local liqueur Calvados is poured over a tangy apple sorbet.

**Calvados** serves as a digestif and helps to awaken the appetite, while the apple sorbet softens the flavour without compromising it.

**Omelette à la Mère Poula** is renowned for its fluffy texture. The white and yellow of the eggs are separated and whipped individually before being combined. Cream and butter are then added to the mix and the contents souffléed over high heat in a copper skillet.

**Teurgoule** is a dessert made of rice, cooked in milk and sugar, and topped with nutmeg and cinnamon. The mixture is baked in earthenware for several hours to create a thick, caramelised crème brûlée-like crust. Teurgoule pairs best with a local cider and fallue, a type of Norman brioche.

**Coquilles Saint-Jacques** is often eaten as a first course or appetiser and is a baked-scallop dish served in a creamy sauce, often topped by breadcrumbs. A must for any seafood lover, this is one that should not be missed in Normandy.

**Tarte Normande** is a favourite dessert in the region, this simple tart is always a show-stopper thanks to its thinly sliced apples, dash of Calvados, and buttery shortcrust pastry filled with an egg and cream custard. The dish celebrates some of Normandy's finest ingredients, including its dairy and locally grown apples, which are also made into the apple brandy, Calvados.

**Boudin Noir** or blood sausage, is one of France's oldest and most revered dishes. Similar to the black pudding available in the UK, although softer and usually smaller, boudin noir is made from pork, spices and pig's blood, which gives the sausage its dark colour.

**Brasillé** is a traditional buttery pastry named after the French word brasier (hot coals or embers), referring to the method of cooking it in an oven of hot coals. It is brushed with beaten egg, sprinkled with sugar and baked, sometimes with a filling of fruit or chocolate.

**Crêpes Normande** are classic French street food made from flour, eggs and milk that are believed to have originated in Brittany. The traditional Normandy take on the recipe adds sugar to the crêpe batter and a tasty filling of apples cooked in sugar and butter, often served with a dollop of Calvados cream.

**Cheeses of Normandy.** The abundance of farmland, and its resident dairy cows, give way to some of the best cheeses in all of France. Cheeses from Normandy

tend to be smooth and creamy with a soft rind, often enjoyed as dessert, and pairs well with the apple-based beverages the region famously produces.

The four classics hail from the communes of Pont-l'Évêque, Livarot, Neufchâtel and Camembert, taking on their respective town's name.

## **Tarte aux Pommes**

A classic tarte aux pommes is found in every patisserie and restaurant in France. It is filled with soft, sweet homemade frangipane topped off with fanned caramelized apples and finished with a light apricot jam glaze.

The apple pie flavour enriched with almond cream makes it the perfect ending to a dinner party, light lunch, or simple supper. The tart needs little else with it, but if you must, a little Chantilly Cream is more than enough.

Preparation Time; 25 mins, Cooking Time: 40 mins, Chill Time: 3 hrs 20 mins

Serves 6

### **Ingredients**

#### **For the Dough:**

150 g all-purpose flour

2 tablespoons granulated sugar

1/2 teaspoon table

100 g cold unsalted butter

3 to 4 tablespoons cold water

#### **For the Frangipane:**

1 1/2 tablespoons unsalted butter, softened

2 tablespoons granulated sugar

50g almond meal

1 large egg yolk

1/2 teaspoon pure vanilla extract

2 teaspoons all-purpose flour

### **For Assembling:**

2 to 4 medium sweet-tart cooking apples, cored, peeled, and thinly sliced

50 ml apricot jelly, or strained apricot jam, heated until partially melted

### **Method**

Make the Dough

Gather the ingredients for the dough.

In a small bowl, mix the flour, sugar, and salt.

Using a pastry cutter, large-tined fork, or a food processor on pulse setting, cut the chilled butter into the flour until it resembles coarse sand with a few pea-sized pieces of butter still visible.

Sprinkle 2 tablespoons of the cold water onto the mixture and toss a few times gently, just until starts to hold together.

Add another tablespoon of cold water if necessary; the dough should hold together when squeezed but not be so wet it's sticky.

Gather the dough into a ball, flatten into a thick disk shape, wrap in plastic wrap, and chill for several hours before working with it.

### **Make the Frangipane**

Gather the ingredients for the frangipane.

Place the butter and sugar in the bowl of a stand mixer (or use a handheld mixer) and cream together.

Add the almond meal and mix to combine.

Add the egg yolk and vanilla, gently beating until all is mixed.

Finish by adding the flour and combining until well mixed.

Refrigerate until ready to use.

## **Assemble and Bake**

Gather remaining ingredients along with the dough and frangipane.

Preheat the oven to 200C (fan 180C), 400 F.

On a lightly floured surface, roll the dough in a circle large enough to fit a 225mm or 250mm fluted tart pan.

It should be about 300mm wide and 3mm thick.

Lay the dough into the tart pan and press it into the bottom and up the sides.

Roll the rolling pin across the top of the pan to trim off the excess dough.

Chill the pastry for 20 minutes.

Place the tart pan on a baking sheet.

Spread the frangipane evenly over the bottom of the chilled pastry shell

Arrange the apple slices in a fan or spiral shape over the frangipane

Bake the tart for 12 to 15 minutes until the crust begins to turn golden brown.

Reduce the heat to 180C (fan 160C), 350 F and continue cooking for 20 to 30 minutes until the apples are tender, but not overly soft, and the frangipane is cooked through and not sticky.

Remove the baking sheet from the oven and allow the apple tart to cool for 10 minutes.

Brush the melted apricot jelly over the warm apples and serve the tart at room temperature.

The tart does not keep well and isn't good for freezing, so enjoy it while you can.

After a couple of days, the pastry will start to soften, which spoils the taste and texture.