



**28 Eure-et-Loire** is situated to the north of Centre (Loire Valley) region, south-west of Paris. Although not home to the most famous chateaux of the region, there are still several attractive castles to visit, and some other un-missable highlights.

The department falls into three principal regions:

The Beauce region occupies the south-west part of the department, and is characterised by flat agricultural land. Inevitably the focus of most visits, the best known sight here is Chartres and its cathedral. The town of Chartres itself also contains an interesting old town

The Drouais region is the northern part of Eure-et-Loire around the town of Dreux, and the least visited region of Eure-et-Loire

The Le Perche region is in the west of the department around Nogent-le-Rotrou and also in the neighbouring Orne department

The Chartrener looks like two small shortbread pastries stuck together with salted caramel butter.

**Cochelin** is puff pastry in the shape of a little man, plain or filled with jam, the cochelin is a gourmet speciality dating back to the Middle Ages

**Beauceronne Lemonade** is made with water from La Beauce, and the citrus and sugar beet flavours from Artenay.

**Macaroons** are made from a crushed almond paste, sugar and egg whites filled with cream of any flavour.

**Mentchikoff** is chocolate-coated praline and Swiss meringue

**Chartres Honey** is produced in two crops per year, the second of which is a mixture of flowers including acacia and lime

**Pèlerin** is a soft wheat flour biscuit filled with almonds and apple from the gardens of Imbermais.

**Vitrail de Chartres** is a praline sweet (almond / hazelnut and dark chocolate) and a meringue.

**Retrodor Baguette** is a subtle blend of the best wheats from the Beauce with a creamy texture and a golden brown crust.

**Eurélienne Beer** is a local natural beer, brewed by hand, without filtration and without pasteurisation. Eurélienne is generous and full-bodied, lending itself to special occasions...

**Pâté de Chartres** is prepared in a pastry crust and consists mainly of partridge and pheasant, foie gras, truffles and spices.

## **Poule-au-Pot**

Henry IV hoped to create a wealthy nation that every family could afford a stew once a week. The Poule Au Pot became one of the traditional French Sunday dinners.

Total time; 1 hr and 30 mins, Serves 6

### **Ingredients**

1.4 kg chicken

1 celery stick

3 sprigs of thyme

3 bay leaves

900 ml of water

250 ml of white wine

4 carrots

3 leeks

12 small new potatoes

For the stuffing

200g of diced bacon  
3 to 4 chicken livers  
A few leaves of sage  
One egg  
2 cloves of garlic  
6 shallots  
A bunch of parsley  
50g of breadcrumbs

## **Method**

In a food processor, blend the stuffing ingredients together.

Trim the chicken cavity of any excess fat and fill with the stuffing.

Close up and secure with a couple of skewers or a poultry needle.

Tie the celery stick, the thyme and the bay leaves together to make a bouquet garni

In a large pot, put the chicken, wine, water, bouquet garni, carrots, potatoes and the leeks.

Cover and cook for an hour and a half.

In a bowl, mix the creme fraiche with the cooking juice. Don't make it too thick.

On a plate, place some chicken, stuffing, the vegetable and spoon over with the creamy juice.

## **Pâté de Chartres**

Preparation time: 35 mins, Cooking time: 1h 30mins, Chilling time: 13 hours,

Serves 6

## **Ingredients**

2 partridges (livers, fillets, thighs and carcasses)

125 g of veal

125g pork tenderloin

100 g foie gras

Lard

1 carrot

1 onion

1 bouquet garni

1 egg yolk

3 tbsp. tablespoon melted butter

2 shortcrust pastry

10 cl cognac

10 cl of white wine

Salt and pepper

## **Method**

### **The day before :**

Bone the legs of the partridges.

Marinate them with livers and fillets in 5 cl of cognac.

Cover with film and keep cool overnight

Peel carrot and the onion and cut into small pieces

Brown the carcasses in a saucepan with lard.

Flambé with the remaining cognac

Deglaze with white wine, reduce and cover with water.

Add the bouquet garni.

Reduce and sieve to obtain 5 cl of sauce.

**The next day :**

Chop the thighs, partridge liver, foie gras, veal and pork.

Add salt and pepper.

Pour in the defatted sauce and the butter.

Line a pie mould with dough.

Spread a layer of stuffing, the fillets and then the rest of the stuffing.

Cover with dough, seal the edges.

Decorate with the scraps of dough, glaze with egg, make a chimney and leave to crust for 1 hour in the fridge.

Preheat the oven to 180°C (fan 160C), gas 6 then bake for about 1 hour.