



29 Finistère It's not just fish that appears on your plate here – the region is equally famed for its delicious seasonal produce, such as artichokes, strawberries, cider and honey. This is an important agricultural area of France.

Following several decades of change and modernization, farming is efficient and productive, dominated by the raising of pigs, poultry, and calves. Cereals and forage crops are grown, largely to meet the needs of livestock farmers. Vegetables are cultivated in certain northern coastal areas.

Fishing has declined in importance, as elsewhere in north-western Europe, owing to problems of overfishing and the consequent need to limit catches, but it still characterizes many of Brittany's ports, notably Guilvinec, Concarneau, and Douarnenez

When you come to eat in Finistère, you're sitting at the table of fresh produce and fresh sea air. From humble home-makers to chefs of international standing, everyone has their own ways of getting the most from the wonderful local produce.

Graisse Salée is a Breton tradition made of pork, chopped and mixed with onions, salt and pepper. It can be eaten with crêpes, used to cook onions and potatoes or spread on a piece of bread as an appetizer

Pâté Breton is a pâté made of pork with pepper and spices. The famous pâté Hénaff, in its blue and yellow tin, is really part of the Breton identity

Andouille is pretty much a speciality in Finistère. It can be eaten cold, cut in thin slices, on a smoked meat platter beside ham slices, pâté, saucissons or hot, in a crêpe or with potato mash..

Le lard or le Saindoux is made from pork chest with its bones, chopped into 7- to 8-centimeter wide slices. soaked in brine for a week and then roasted. The meat is pink and streaky.

Cider Cornouaille was the first French cider to be recognised with the label 'appellation contrôlée'. It has a golden colour, a generous frothy topping, delicate bubbles and an incredible flavour.

Beer. Traditional breweries are producing top-quality beers with a strong character. Amber, blonde, russet, organic, with honey and seaweed.

Pommeau (an apple-based liqueur drunk as an aperitif) goes well with foie gras, melon or apple tart.

Chouchenn is a traditional Celtic drink brewed from fruit and honey. Accompanies crêpes, fish or meat dishes well.

Crêpe is the favourite snack of locals and visitors and are usually eaten plain or cold, savoury or sweet. Savoury pancakes are made with buckwheat and known as crêpes de blé noir. In Brittany, savoury crêpes are called galettes. A perfect crêpe is very thin, the batter spread rapidly on the crêpe hotplate so that it cooks rapidly, becoming lightly crispy around the edges and softer in the centre. They are often garnished, now, and the most popular version is a complète containing ham, egg and cheese.

Far is a soft, creamy dessert rather like an egg custard made with egg yolks and sometimes including prunes or raisins but excellent on its own.

Gâteau Breton is best enjoyed with a cup of coffee. Golden, crispy and rather like a rich shortbread, this cake-biscuit is just as good on its own as it is with raspberries.

Galettes or Palet Breton are small, round biscuits made with Brittany butter. Galettes are thinner and crisper; Palets Bretons are perhaps 25mm thick and with a crumbly texture.

Kig ha Farz translates as meat and stuffing and is a filling dish made from pork or beef and vegetables stewed until tender. The Farz is a stuffing-type mixture based on buckwheat, cooked in a muslin bag. The cooking juices are served as a starter.

Kouign Amann is made by layering butter with a bread-like dough and plenty of sugar to form a special flaky pastry that is gooey in the centre, crispy golden on top and caramelised around the edges.

Kig Ha Farz

The dish is quite similar to pot-au-feu which was considered to be the dish for poor and peasant

Preparation and cooking Time; 3 hrs 30 mins, Serves 5

Ingredients

2 Large eggs

125ml whole milk

4 tbsp melted unsalted butter

450ml buckwheat flour

1 tbsp Sugar

1 tsp coarse sea salt

1 beef shank

750 g chuck steak

750 g pork belly

800 g Potatoes

300 g carrots

300 g turnips

300 g cabbage

a bunch of thyme

Method

Mix together the eggs, milk and butter in a large bowl.

Gradually add in the flour, sugar, and salt.

Stir rigorously until smooth and well-combined.

Scrape the mixture into a farz bag.

Tie it closely. Make sure to leave enough room for it to expand about one-third.

Wash, peel and finely chop all the vegetables.

In a large pot, cook the pieces of beef, steak, and pork belly in cold water over medium heat.

Add in the chopped potatoes, cabbage, turnips and carrots.

Now mix in the salt and pepper to taste.

Stir until well mixed.

Let it cook for an hour or so.

Now take out the farz from the pot.

Press it firmly until it is broken down into irregular bits and pieces.

Transfer the farz on the serving plate.

Place the meat and vegetables alongside the bits and pieces of farz.

Serve Kig Ha Farz with lipig sauce and enjoy!

Lipig is a sauce-like condiment made of slowly caramelized shallots in salted butter. Most French recipes call for the use of the onions from Roscoff, but as a substitute, shallots work perfectly.

For the Lipig

8 shallots, peeled and finely chopped

150g butter

1 sprig of thyme

Preparation

In a saucepan, brown the peeled and chopped shallots in the melted butter with the thyme, for about 15 minutes.