



**33 Gironde** and Bordeaux are intimately linked by land and water with a 70km estuary from the Cordouan light house to Bordeaux, its small islands, a basin full of oyster ports and bordered by beaches and lakes.

The Atlantic coast runs for 123km from the Pointe de Graves to the Cap Ferret where the ocean reveals its clear waters and bordered by beautiful stretches of golden sands.

With 388,000 hectares of pine trees, the department holds the record for largest forest in Europe. The Dune du Pyla is the highest sand dune in Europe.

With its long Atlantic coastline, Bordeaux and Gironde have a temperate climate with relatively mild winters and dry, hot summers which are cooled by a much appreciated gentle maritime breeze. Bordeaux and Gironde are a story of vineyards as a result of this equitable climate

The Bordelaise gastronomy is varied. A variety of fish from the Gironde estuary, caviar and oysters from the Arcachon Basin, beef from Bazas, lamb from Pauillac and asparagus from Blayais. Not to mention mushrooms from Bordeaux, macaroons from Saint-Emilion, pralines from Blaye and canelés from Bordeaux...specialities that perfectly combine with the wines of Bordeaux.

**Asperges du Blayais** is a type of asparagus with white stalks and pretty purple tips. It has a distinctively sweet taste that's attributed to the richness of the black sand soils, or terroir, by the Garonne River.

**Cannelés** are little sweet cakes that Bordeaux locals have enjoyed for centuries. They're are linked to Bordeaux's wine history and the practice of processing with egg whites, which left behind a lot of unused egg yolks. The locals cleverly invented these treats by combining the leftover yolks with flour, sugar, vanilla and rum.

**Macaroons of Saint-Emilion** are made from almond and egg whites and are a real delight.

**Foie Gras** is omnipresent in the south west and is a delicacy made with fatty duck liver. The taste is unique, rich, buttery and delicate.

**Capon of Grignols** is a poultry savoury.

**L'épaule d'Agneau de Pauillac** is a suckling lamb that's raised on mother's milk since birth, then slaughtered after a maximum of 75 days. The result is a special treat of delicate and fine marbled meat, which has a lovely pale shade of pink.

**Boeuf de Bazas** is a tender and flavourful marbled beef from a protected breed of cow. It is produced in less than 300 dedicated farms and certified by a red label indicating traceability and the raising method.

**Rib Steak Bordelaise**, grilled on vine shoots and dressed with a shallot sauce.

**Grenier Médocain** is a charcuterie prepared with stuffed pork.

The Gironde Estuary provides many freshwater fish and high quality caviar together with a whole host of other fresh and salt water produce such as:-

**Eels Fricassee** with garlic and parsley or à la bordelaise, cooked in a wine sauce.

**Lamprey** is cooked in a stew with potatoes, shallots, onions, leeks, red wine, and sometimes cured ham and cognac for extra flavour. It's one not for the faint of heart as the special ingredient is the lamprey's own blood.

**Bichettes** are small white prawns cooked in aniseed.

**Pibales** or "civelles" are baby eels pan fried with garlic.

**Aquitaine Caviar** has a reputation of being one of the world's finest and comes from the Siberian sturgeons farmed in the estuary. Colours range from shades of grey to light chestnut. It has a slightly salty flavour with buttery and nutty hints.

**Cap Ferret Oysters** are sold by the plate, usually accompanied by bread and butter. Enjoy them in their simplicity with a squeeze of lemon, or as the locals prefer, with red wine vinegar and chopped shallots.

**Game** is abundant in the Médoc.

**Palombe** (woodpigeon) is a real tradition, it can be cooked either roasted or in salmis.

On the fruits and vegetable side, the asparagus of Blayais brightens the market in Springtime.

**The Ceps of Bordeaux** are delicious pan fried with garlic and parsley

**The Potatoes of Eysines** are available from end of April to end of June.

## **Pauillac Lamb Shoulder (L'épaule d'agneau de Pauillac)**

Preparation Time; 1 h, Cooking Time; 4 h 20 min, Serves 4

### **Ingredients**

8 rack of lamb chops from Pauillac

1 saddle of Lamb from Pauillac

15g fresh butter

20 cl d'huile d'olive

Salt of Guerande

Ground pepper

2-3 sprigs of thyme

3 cloves of garlic

4 purple artichokes

4 large artichokes

12 young sand carrots

3 tomatoes

30 cl white poultry stock

5 cl Porto blanc

12 cl of lamb jus

Fresh orange juice

### **Method**

Trim the rack and the saddle of lamb, use the natural fat of the saddle to baste it.

Cook the large artichokes in a white stock, lightly seasoned.

Put them in the blender to obtain a puree.

Drain well using a cheesecloth.

Peel the tomatoes, cut them in four, remove the seeds.

On a baking sheet put parchment paper, arrange the tomato sections, add salt, pepper, olive oil, thyme and a clove of unpeeled garlic and cook in the oven at 95°C for about 4 hours.

Trim the purple artichokes, keeping the tail, then put them to cook in chicken broth and white Porto, well seasoned.

Peel the young carrots and cook them with their tops in fresh orange juice.

In a sauté pan, heat olive oil, thyme and garlic.

Brown the shoulder then the saddle and season.

Add the fresh butter to brown the lamb well and finish cooking in the oven for 6-7 min for the saddle and about 12 min for the rack.

On the plate, make two quenelles of artichoke purée then put 2 lamb chops and 1 piece of saddle, sun-dried tomatoes, carrots and the lamb jus.

## **Dunes Blanches de Bordeaux,**

Preparation Time; 45mins, Cooking Time; 40mins, Serves 6

### **Ingredients**

For the choux pastry

125 ml of mineral water preferably

125ml milk \_

1/2 teaspoon fine salt

1 tablespoon powdered sugar

75g cold butter

150g flour

4 eggs

Granulated sugar

### **To Garnish the White Dunes**

250 g de mascarpone

250 ml very cold single cream

50g icing sugar

1 gousse de vanille

### **Method**

Prepare the Choux Pastry

Weigh all the ingredients separately before starting the recipe, cut the butter into small pieces and sift the flour.

In a saucepan, pour the water, milk, fine salt, powdered sugar and add the butter in pieces.

Heat over medium heat until the butter melts, then bring to a boil.

As soon as it starts boiling, remove the pan from the heat and add the sifted flour all at once

Stir vigorously with a spatula.

Return the pan to low heat and stir the choux pastry to dry it out.

Pour the choux pastry into the bowl of the food processor fitted with the foil and whisk at low speed, for two minutes, to cool the pastry a little.

Let the mixer run and add the whole eggs, one by one, waiting for them to be well incorporated before adding the next one.

Pour the choux pastry into a piping bag fitted with a 10mm plain nozzle.

Preheat the oven to 200° (fan 180C) th6/7 and cover a baking sheet with parchment paper.

Pipe the mounds, spacing them far enough apart so that they expand without touching - about 4cm in diameter.

If you have an egg yolk, brush the mounds, delicately with a pastry brush.

You can also do this with milk or by spraying with oil.

Sprinkle the granulated sugar over the puffs and gently shake the baking sheet vertically to shake off the excess.

Bake the white dunes for 30 to 40 minutes depending on the size of your puffs and the power of your oven.

Never open the oven!

The mounds are cooked when they are evenly browned, including the cracks.

Remove from the oven and place them on a wire rack to cool to room temperature.

### **Prepare the White Dunes Topping**

In the bowl of the food processor, pour the mascarpone, the liquid cream, the icing sugar and the seeds of the split and scraped vanilla pod.

Whisk while gradually increasing the speed of the whisk until you obtain a firm mascarpone whipped cream that holds between the branches of the whisk.

Pour the cream into a piping bag fitted with a 6mm diameter plain tip.

### **Completing the White Dunes**

Collect the cooled chouquettes and, with the tip of a knife or a socket, make a hole under each chouquette.

Garnish the white dunes one by one with the mascarpone cream and eat them immediately.