



**35 Ile-et-Vilaine** 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. The Department is not heavily industrialized, but the growth of such industries as electronics, telecommunications, and automobile assembly has offset the decline of the traditional industries of textiles, leather goods, and ship repair.

**Popular shellfish** include a range of mussels, winkles, scallops (coquilles Saint Jacques), oysters and other mouth-watering delicacies.

The region is famous for its **crêpes** and a variety of Breton pastries, the most famous being the Breton butter cake or Kouign Amann.

**Poulet à la Bretonne** is usually made with a combination of chicken, leeks, onions, carrots, flour, cider, crème fraîche, Dijon mustard, oil, butter, salt, pepper, parsley, and thy

**Cotriade** is a traditional fish stew made with fish such as mackerel, hake, red mullet, conger eel, sprats, and herring, along with onions, garlic, potatoes, leeks, oil, and vinegar.

**Galette-Saucisse** consists of a cold buckwheat crêpe that is wrapped around a warm grilled pork sausage. Good with Cidre de Bretagne

**Poulet au Cidre** is made with a combination of chicken breasts, onions, apples, butter, cream, nutmeg, and hard cider, preferably from the region. The onions and apples are sautéed in butter, and the chicken is then browned and combined with the cider

**Galette de Bretagne** are made from buckwheat flour, then filled with various ingredients such as eggs, ham, mushrooms, and bacon.

**Far Breton** is a custard flan cake similar to clafoutis, consisting of milk, eggs, flour, prunes, and raisins.

**Kouign-Amann** consists of layers of butter and sugar that are folded into a dough.

## **Poulet à la Bretonne**

Preparation Time; 30 mins, Cooking Time; 20mins, Serves 4

### **Ingredients**

150g bacon bits

150g button mushroom

1l beef stock

10 cl fresh cream

4 chicken cutlets

1 shallot

10 sprigs tarragon \_

1 Egg yolk

### **Method**

Cut the chicken cutlets into slices.

Slice the mushrooms and sauté them in the pan in butter.

Set them aside.

Brown the shredded chicken in the skillet.

Set them aside too.

Prepare a Madeira sauce with butter, flour, Madeira and beef stock.

Add the cream bound with the egg yolk.

Add a few chopped tarragon leaves.

In a skillet, melt a knob of butter.

Add the shallot and then the bacon bits.

When they are nicely coloured, add the meat, the mushrooms and then the sauce.

Add the remaining chopped tarragon and simmer for 5 minutes.

## **Crêpes Suzanne Linares Dites Crêpes Suzy**

Preparation Time: 10 mins, Cooking Time: 5 mins, Serves 6

### **Ingredients**

1 l of semi-skimmed milk,

500 grams of sifted flour,

6 extra fresh eggs,

1 pinch of salt,

3 tablespoons of melted butter.

### **Method**

#### **The day before:**

Warm the milk in a saucepan.

Mix flour and lukewarm milk.

Using lukewarm milk will allow you to have fewer lumps.

Filter it anyway through a sieve.

Take a salad bowl.

Break in the fresh eggs.

Beat the eggs in an omelette.?

Add the beaten eggs.

Then, the pinch of salt and at the end the melted butter.

Leave to rest for 24 hours in the refrigerator.

### **The next day**

Make your pancakes in a non-stick coated pan.

Do not add fat melted butter is enough.

## **Crêpes Bretonnes**

Preparation Time: 10 mins, Cooking Time: 3 mins, Serves 6

### **Ingredients**

200 grams of sifted flour,

2 tablespoons of powdered sugar,

50 cl of skimmed milk,

3 extra fresh eggs,

2 tablespoons of melted light margarine,

1 knob of light margarine for the pan,

1/2 teaspoon fine salt.

### **Method**

Combine the flour, powdered sugar and salt in a mixing bowl.

Add the eggs one at a time, beating vigorously.

Dilute with the milk.

Stir until you obtain a smooth, lump-free paste.

Mix the pancake batter again while pouring in the margarine.

Let stand for 1 hour.

When ready to use, if the paste seems too thick, add a little water.

Pour a small ladle of batter into a hot, greased pan

After a few seconds, the edges will lift and peel off on their own.

Flip the crepe with a flexible spatula to cook the second side.

Repeat the operation until the dough is used up.

**N.B** Slide the pancake onto a plate kept warm over a saucepan of boiling water covered with an upturned plate.

## **Échine de Porc au Cidre, Purée de Pommes et Céleri**

Preparation Time: 15 mins, Cooking Time: 30 mins, Serves 4 people

### **Ingredients**

4 pork loins, 180 grams each,

2 young carrots,

1 ball celery,

4 apples,

1 lemon,

2 grey shallots,

2 yellow onions,

10 cl of 30% fat liquid cream,

50 grams of semi-salted butter ,

25 cl of cider,

Fine cooking salt,

Black peppercorns from the mill.

## **Method**

Cook the Vegetables:

Peel, wash and chop the onion and shallot.

Peel and wash the carrots, apples and celery.

Chop the lemon, apples and celery.

Steam all the vegetables until tender.

Pass the vegetables through a vegetable mill. (puree)

Incorporate the 5 cl of liquid cream.

Season well.

Keep this puree warm

## **Cook the Loin:**

Take a large sauté pan.

Melt 30 grams of butter in 5 cl of oil of your choice.

Place the pork on it.

Brown them for 4 to 5 minutes on all sides.

Season them.

Take them out and keep them warm.

Degrease the cooking pan.

Pour in the cider.

Deglaze, taking off the cooking juices.

Leave to reduce well.

Add the remaining cold butter.

Arrange the loins and the vegetable puree on warm plates.

Cover them with sauce.