



36 Indre is a Département in central France and the largest town in the department is Châteauroux. Neighbouring Départements are Indre, Loir-et-Cher, Cher, Creuse, Haute-Vienne, Vienne and Indre-et-Loire.

Most of the department is relatively level plains in the broad Loire Valley. The land is undulating and slopes gently towards the northwest.

Indre is divided into four natural regions; North Boischaut is undulating land in the northeast of the department while South Boischaut is hilly and lies in the south and southeast.

Brenne is a marshy tract of land in the south-western part of the department, and the flat, dry, flinty limestone plateau of Champagne Berrichonne is in the east and continues into Cher. Over 60% of the land is given to agriculture. Oak forests cover the centre of the département – Lancosme, Châteauroux and de Bommiers

Champagne Berrichonne is the cereal growing area. Boischaut has dozens of small farms where Limousine and Charolais cattle, sheep, goats, chickens and ducks predominate.

With thousands of lakes, fishing of carp, pike and zander is important.

Cheeses, honey, chestnuts, lentils and all varieties of vegetables and fruit are also available in the area.

Brossauthym Cheese is made with raw ewe's milk and thyme giving a salty, buttery, slightly sweet, and floral flavour.

Couronne Lochoise Cheese is made with goat's milk and has a bloomy, ash-coated, delicately thin rind. The interior is white with a smooth, creamy, and buttery texture.

Rillettes de Tours is a spread made from pork meat that has been slowly cooked in a pot of pork fat and flavoured with white wine

Vouvray is a predominately sparkling white wine with aromas of green apples, hazelnuts, almonds, honey, or brioche.

Fruit and Vegetables include: white and green asparagus, lettuce, leeks, radishes, artichokes, button mushrooms, cherries, strawberries.

Fouace or Fouée are turnovers stuffed with fillings such as rillettes (a pork paté-style dish), melted butter or goat's cheese. One is plain and baked in a wood-fired oven, the other is like a brioche.

Freshwater Fish include Sandre (pikeperch) and brème (bream) served in a sauce such as beurre blanc made with butter, shallots and vinegar.

Local Game includes duck, quail, pheasant and pigeon to rabbit, venison, wild boar served in a rich sauce of fresh mushrooms wine from the local vineyards and asparagus.

Poires Tapées are dried pears usually enjoyed rehydrated, cooked with sugar and cinnamon into a syrup, or soaked in eau-de-vie.

Pâté Berrichon (Easter Pate with Eggs)

Easter berrichon recipe is traditionally prepared for the family meal on Easter Day.

It is made with two layers of puff pastry filled with a mix of minced pork, veal meat and hard-boiled eggs.

Preparation Time; 20mins, Cooking Time; 55 mins, Serves 8

Ingredients

2 rolls puff pastry ideally rectangular

400 gr minced pork shoulder or belly

200 gr minced veal Shoulder

2 shallots

1 clove garlic

1 handful flat leaf parsley

2 tbsp Cognac or Armagnac or Brandy

1 tablespoon flour

6 eggs - 1 for the stuffing, 4 hard-boiled, 1 for the wash

salt and freshly ground pepper

nutmeg

Method

Preheat the oven to 180°C (fan 160) 350°F.

Eggs

In a saucepan, bring water to a boil.

Carefully add four eggs in and cook them for 9 minutes.

Once cooked, plunge them into cold water; eggs will be easier to peel.

Stuffing

Peel and roughly chop shallots.

Peel and mince garlic clove.

Trim the parsley, and chop the leaves coarsely. You want to get a large handful.

Mix the two types of minced meat.

Add garlic, shallot, and parsley. Combine.

Add 1 beaten egg, 2 tablespoons of Cognac and 1 heaped tablespoon of flour.

Season generously with nutmeg, pepper, and salt.

Mix well.

En Croute Pâté

Roll out the two puff pastries, one for the bottom, the other for the top, which must be larger as it will cover the thickness of the stuffing.

Place the bottom pastry on a baking sheet lined with parchment paper.

Pour 1/3 of the meat filling along the centre of the pastry strip, keeping 2-3 cm uncoated all around.

Peel eggs and place them whole in a line along the centre of the stuffing strip.

Depending on the length, you will need 3 or 4 whole eggs.

Cover the eggs with the remaining stuffing.

Try to keep the shapes of the eggs.

Wet the dough with water all around the stuffing.

Cover with the second larger puff pastry

Finally, cut the excess dough but leave 2 cm of dough all around.

Press the two pastries to seal them and make small incision with a sharp knife throughout the thickness of the two pastries.

Cook in oven for 30 to 40 minutes

Fillet of Roast Zander

Serves 4

Ingredients

2 zander fillets (with the skin left on)

100g parsley

100g Jerusalem artichokes

100g parsnips

100g carrots

200g Loire eel

2 boudin blanc sausages

1 bunch of chives

1 shallot

200ml veal stock

50ml truffle oil

Method

Peel and wash the vegetables, then cut them into small 2mm cubes.

Place them in a large amount of water, bring to the boil for several minutes and then leave to cool.

Prepare the Loire eel

Remove the skin and cut out the fillets; cut them to the same thickness as the vegetables.

Fry slowly all together in olive oil.

Take the boudin blanc sausages and remove the skin and slice thinly.

Cut the zander fillets into 4 equal portions.

Take the portions one by one: slide your knife under the skin in order to separate the flesh from the skin.

Stop 1cm from the edge of each side making a pocket.

Slip the boudin blanc sausage under the skin into the pocket

Cook the fish on the skin side to start with, and turn it over after several minutes

Brush with fresh butter to finish cooking it.

Set aside on a hot plate.

Finely chop the shallot and chives.

Mix them into the garnish and add a few drops of truffle oil.

Heat up the veal stock.

Presentation

Arrange the garnish in a circle in the middle of the plate.

Place the zander on top of the garnish, and draw a line of sauce around it.

Sprinkle with a couple of drops of truffle oil.

Decorate with fresh herbs.