



39 Jura is a department in eastern France. A wide plain gives way to vineyard-clad hills and then rises up to the Jura Mountains in the southeast. The area is known for its valleys and beach-fringed lakes, including Lac de Chalain and the navigable reservoir of

Lac de Vouglans. Higher up, trails cross forested mountains and alpine meadows in the Parc naturel Régional du Haut-Jura, where lynx and chamois roam free. The region is sparsely populated and retains a strong rural character. Animal husbandry dominates agriculture and is most prevalent in the mountains. Milk, a substantial amount of which is used to produce butter and cheeses (e.g., Comté and Emmentaler), is the most important product. In the western lowland areas, cereal cultivation (wheat, barley, and oats) is of greater importance, often with much of the harvest used as animal feed. The raising of beef and dairy cattle also is more predominant in the lowlands than in the mountains. Areas such as Arbois and Château-Chalon in the Jura foothills produce fruits and wines.

The Jura Vineyards use five grape varieties; Chardonnay, Pinot noir, Poulsard, Savagnin and Trousseau and produce six wines; Arbois, Château-Chalon, Côtes du Jura, L'Étoile, Crémant du Jura, and Macvin du Jura. Red, rosé, white and yellow, sparkling, vin de paille and Macvin (a liqueur wine) are produced here.

Comté is a cooked, pressed cheese made from unpasteurised cow's milk. It is matured in cellars for at least 4 months.

Yellow Coq au Vin is made with cockerel, yellow local wine, cream and morels, the latter giving a powerful aroma and taste to the dish. Traditionally, yellow coq au vin is served with white rice and a glass of yellow wine.

Potée Comtoise includes smoked pork, sausage, bacon, potatoes, cabbage, carrots, turnips and celery.

Fondue Jurassienne is made from three types of comté cheese, white wine, garlic and marc égrappé liqueur. Jura fondue goes perfectly with a Savoy wine or a white Jura wine.

Croûte aux Champignons is made from mushrooms, shallots, butter, flour, white wine, raw crème fraîche, pepper and salt.

Galette Comtoise is a variation on the frangipane king cake typically consisting of choux pastry flavoured with orange blossom.

Salad Comtoise is traditionally made of green salad, smoked ham or lardons, **Montbéliard or Morteau sausage**, fried potatoes, comté, tomatoes, walnuts, shredded red cabbage, croutons and vinaigrette.

Croûte aux Champignons

If you love wild mushrooms, try this! Good country bread, topped with sauted creamy mushrooms and melted cheese. Serve with a green salad and glass of wine for a light meal.

Ready In: 25 mins, Serves 4

Ingredients

1 small onion, chopped

50g butter

500g wild mushroom, sliced (chanterelles, ceps, or whatever you like)

salt

pepper

200ml dry white wine

125ml cream

4 slices bread, a hearty country bread is best

4 tablespoons grated parmesan cheese (or Sbrinz, if you can get it)

Method

Preheat the stewpot.

Melt the butter in a large frying pan.

Add the onion, and cook until softened, but not brown.

Add the mushrooms, season with salt and pepper to taste.

Cover and cook over medium heat until the juices start to run.

Uncover, and cook until the liquid evaporates.

Add the wine, reduce by half.

Add the cream, stir, and let simmer a few minutes, until thickened.

Toast the bread, and place on a baking sheet.

Top with the mushroom mixture and grated cheese.

Place the toasts under the grill, just until the top starts to brown.

Serve immediately.