



41 Loire-et-Cher The southern edge of the Beauce Plain, France's main granary, extends into the northern part of the région. Agriculture is dominated by arable farming. Cereals are cultivated on large farms that are highly mechanized. Wheat and corn (maize) are the principal grains, with

corn more important in the north than in the south, while rapeseed and sunflowers are also widely grown, particularly in the south. The raising of beef cattle is important. Wheat and corn (maize) are the principal grains, along the southern borders, while dairying prevails along the western fringe. The major river valleys are where flowers, apples, and grapes are cultivated. Viticulture is particularly prevalent in the Loire valley. Notable wines include the reds of Chinon and the whites of Vouvray and Sancerre.

Tarte Tatin consists of sliced apples seasoned with butter, sugar, and cinnamon, topped with a buttery pie crust pastry, and baked until the apples become golden and syrupy. The whole cake is then inverted and served warm, accompanied by vanilla ice cream, and topped with crème fraîche.

Selles-sur-Cher is a soft cheese made from full-fat goat's milk, dusted with wood ash to develop a unique rind with strong mineral notes.

Chambord is a raspberry liqueur made with raspberries and blackberries and then blended with juices of black raspberries and blackcurrants, Cognac, vanilla and honey. A perfect choice for cocktails

Other Local Foods include Rillettes de Tours, poached eggs au Chinon, saupiquet nivernais, pâté berrichon with eggs, chicken en barbouille, nougats de Tours, Chinon peaches, sabayon de golden, prune candy and dried pears

Regional Cheeses include Olivet cendré, Pithiviers au foin, crottins de Chavignol, Valencay, Sainte-Maure-de-Touraine, and Sancerre.

Cheesecake du Val de Loire

It is made with faisselle, a local cream cheese, gingerbread and strawberries from Sologne. You can make this dessert in small jars to serve as a buffet.

If you make this dessert in small jars, you won't necessarily need gelatine. You will get a mousse texture.

As a dessert to share on the other hand, you must put gelatine if you don't want it to collapse

Cooking Time: 4-5 hours, Serves 8 to 10

Utensils Required.

A pastry ring (adjustable) with 5 cm minimum height

A hand mixer

A large bowl

A good whisk

A small sauce pan.

Ingredients

200 g gingerbread

10-12 strawberries

90 g unsalted butter, melted

100 g sugar

500 g Faisselle cream cheese

220 g liquid cream (30% fat)

1 lime

3 gelatine sheets (6 g)

Method

Place the gelatine sheets in cold water.

Make a thin crumble out of the gingerbread with your hand mixer.

Pour crumbs into a bowl and add the melted butter, and stir until well combined.

Press flat the crumb mixture into a spring form pan.

Chill crust in the fridge.

Mix the lime zest, lime juice and sugar.

Add the Faisselle cream cheese until smooth.

Warm 20 g of cream (do not boil).

Add the drained gelatine sheets.

Add the cream to the cheese mixture when cold.

Whip the 200 g of cream in order to make a chantilly (without sugar).

Add it to the cream cheese mixture with a spatula.

Pour the filling into the crust; smooth the top with a rubber spatula.

Set aside in your fridge for 3 hours.

Add fresh fruits before serving.

N.B. The central part of the cheesecake is a strawberry sauce to which one must add one gelatine sheet in order to have a firm consistency.