



**43 Haute-Loire** Most of Auvergne belongs to the uplands of the Massif Central which include the Forez mountains. A humid climate prevails in the west, which is open to Atlantic influences and a continental climate prevails in the east. In the mountains

the winters are long and severe. The region is sparsely populated. Agriculture is dominated by cattle raising with greater emphasis given in the north to beef and in the south to milk production, which is frequently used for making cheese. In contrast lowland areas specialize in cereal production (wheat and corn [maize]). Much of the area is afforested, but only portions have been commercially exploited.

**Saint Agur**, a rindless blue cheese, is made with cow's milk and has a sharp, spicy, and fruity flavour with an intense and milky aroma. Serve Saint Agur with figs, pears, and walnuts, or use it in dips and sauces.

**Rochebaron** is made from cow's or sheep's milk. Its texture is soft and creamy with a strong aroma and a mild, mushroomy, and creamy aroma. Goes well with crusty baguettes, or a glass of earthy Pinot Noir

**Lentille Verte du Puy** have a unique, peppery taste. The lentil seeds are dark green, with blue marbling. Puy lentils are a great accompaniment to fish, game meat and sausages

**Fin Gras** is lightly marbled with creamy white fat and is bright red to purple. The texture is delicate and tender, smooth and juicy with an intense, strong taste that lingers on the palate. It is best to try the unique flavours without heavy sauces or grill flavours, so try it in carpaccio or steak tartare with a glass of bold red wine.

**Auvergne Hotpot** is a family dish with cabbage, potatoes, lean bacon, pork knuckle and sausages, all cooked together for several hours

# La Potée Auvergnate

The recipe is based on cabbage, potatoes, lean bacon, pork knuckle and sausages.

To blend flavours, they are first cooked together. Then the cabbage is braised with the sausages. This dish is served sprinkled with the broth. It can also be used to make a soup with old bread

Serves 6

## Ingredients

1.5kg petit-salé (or bacon strip, or cured salted pork strip)

6 sausages

1 small ham on the bone or bacon hock or small leg of pork

1 green cabbage

6 carrots

6 small turnips

1 onion stuck with two cloves

6 potatoes

1 celery stick

1 bouquetgarni

10 black peppercorn seeds

## Method

Soak the pork in cold water.

It may take up to 2 hours depending on the degree of curing.

Put the bacon and ham in a large pot.

Cover with water and boil, reduce heat, skimming the floating particles and fat, while cooking slowly at low heat.

Cook for 1 hour.

Add the carrots, turnips, celery, onion and bouquet garni and the peppercorns.

Add the cabbage cut into quarters.

Cook for 30 minutes.

Add the potatoes and sausages, add some boiling water if necessary.

Cook for 45 minutes.

To serve, drain the meat, cut and arrange on a large serving platter surrounded by the vegetables.

## **Boudins aux Pommes et aux Châtaignes**

Preparation Time; 30mins, Cooking time; 30mins, Serve 2

### **Ingredients**

2 black sausages

4 apples

1 bowl of chestnuts

oil or butter

salt and pepper

### **Method**

Prepare your chestnuts if they are not ready to use.

Cut the shell and put them in boiling water for 5 minutes.

Remove the first skin.

Put them back in boiling water for five minutes to remove the second skin.

Put them to cook for about 15 minutes until they are cooked and if possible still in one piece.

Peel and core the apples and cut them into slices.

Fry them in butter (or oil) for 15 to 20 minutes.

Cook the sausages in the steam oven at 100°C for ten minutes or in a frying pan containing a little fat.

Serve hot with a green salad.