



45 Loiret The région is sparsely populated but an inflow of migrants from the Paris metropolis to major towns such as Orléans, Tours, Chartres, Dreux, and Blois is fuelling a steady rise. Agriculture is dominated by arable farming.

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 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.

Andouille de Jargeau is made up of equal parts of tripe and minced pork placed in an authentic pork gut. Accompanied by mashed potatoes, this jewel of local gastronomy is a pure delight.

Beers are mainly brewed from Montargis to western Orleans.

Cendré d'Olivet is a cheese made from cow's milk and similar to Camembert, it is wrapped in ash.

Crottin de Chavignol is a goats cheese from Gien in Loiret to the south of Bourges.

Cotignac d'Orléans is a thick quince and sugar jelly, now a delicacy presented in small round spruce-wood boxes of which the lids are customarily used as a spoon.

Loiret is the main producer of asparagus, red beets and watercress in France.

Gourmet Loiret is a cake made with honey and strawberries, flavoured with apricot confit.

Orléans Fruit Macaroons are very light meringue in many flavours: strawberries deglazed with Orléans vinegar, pear and ginger compote, hazelnut cream, candied rose petals - lime and cinnamon.

Gâtinais Honey is a delicately flavoured honey produced from the local flowers

Orleans Mustard is a mixture of top quality ingredients, including Guérande salt and the famous Orléans vinegar which give it a fine and creamy paste, with both fine and full-bodied aromas.

Pithiviers is a cake that can be enjoyed in two forms either frozen with ground almonds base, caster sugar, icing sugar and kirsch with a puff pastry base similar to a galette du roi.

Olivet Pear is the William pear used for this famous brandy produced in the Olivet region recognizable by its bottle containing inside.

Les Poissons de Loire include zander, pike, bleak, gudgeon, roach, shad, eel and crayfish.

Praslines of Montarg is a delicious roasted and caramelized almond.

Saffron Flower is produced in Gâtinais region. It takes 150,000 hand-picked crocus flowers to obtain 1 kilo of saffron

Coteaux du Giennois is made from sauvignon, pinots and gamay grapes and comes in whites, reds and rosés. It goes wonderfully with goat's cheese and fish from the Loire, among other local specialities.

Wines of Orléans include Auvernat blanc, pinot noir and pinot meunier for light and fruity whites, reds and rosés, appreciated with fish, charcuterie and game.

Orleans Vinegar traditionally made vinegar with many local variations obtained with various herbs and spices.

Andouillette de Jargeau aux Oignons

Serve with Orleans or Dijon mustard

Preparation time: 15 mins, Cooking time:40 mins, Serves 3

Ingredients

3 sausages of Jargeau

3 large yellow onions

Thyme

Butter

Oil

15 cl of dry white wine

6 small potatoes with firm flesh (charlotte, belle de Fontenay, etc.)

Sprigs of parsley

Salt and pepper

A teaspoon of cumin powder

Method

Peel and chop the onions.

Heat a frying pan on a medium heat with oil and 40 g of butter

Brown the onions with salt, pepper, crumbled thyme and cumin.

Lower the heat to low and add 10 cl of white wine to deglaze.

Leave to stew

Peel and chop the potatoes.

Cook boil or steam the potatoes.

Put a frying pan on medium heat with oil and 25 gr of butter

Brown the sausages on all sides.

Lower the heat, deglaze with 10 cl of white wine, cook for about 20 minutes.

Add the sausage cooking juices to the stewed onions.

Place in a serving dish, make a bed with the onions, arrange the andouillettes and the potatoes on top.

Decorate with parsley sprigs.

Pithiviers

A pithivier is a round, domed pastry pie decorated with distinctive spiral markings drawn from the centre of the dish. Thought to originate from the French town of the same name, a pithivier is traditionally made from puff pastry and can contain sweet or savoury fillings.

Preparation and Cooking time; 60 mins, Serves 2

Ingredients

1 tbsp of vegetable oil

125g of red onion, sliced

1/2 cinnamon stick

1 star anise

4 cloves

25g of red wine

30g of red wine vinegar

15g of sugar

50g of cranberry jelly

1 sheet of puff pastry

80g of brie

1 egg, beaten with a pinch of salt

Method

Heat the oil in a pan and gently sweat the onions for a few minutes.

Once soft, add the cinnamon, cloves, star anise, wine, vinegar and sugar and leave to simmer until the liquid has reduced down into a syrup.

Stir in the cranberry jelly and leave to cool

Meanwhile, cut two circles out of your pastry, one 15cm and the other 17cm in diameter.

Place the 15cm circle on a sheet of baking paper

Once the onion mixture has completely cooled down, spread it in the centre of the smaller circle, leaving a 2cm border around the edge

Slice the brie and arrange on top of the onions in an even layer (or two layers)

Brush the border with a little egg wash, then place the large circle of pastry over the top and press down the edges to seal, ensuring there aren't any air bubbles.

Place in the fridge for 10 minutes (still on its baking paper, to make it easier to move) to firm up the pastry

Preheat the oven to 200°C (fan 180C) gas mark 6 and place a baking tray in the oven to heat up

Crimp the edges of the pithivier using a fork, then use the 15cm cutter to neaten up the edges again.

Brush the pithivier with the remaining beaten egg.

If the pastry has warmed up, place back in the fridge to chill

Transfer the chilled pithivier (on its baking paper) to the hot preheated tray and bake for 30–40 minutes.

If the colour starts to get a little dark, turn the oven down to 170°C (150C) gas mark 3 for the remaining cooking time.

If the bottom is still a little undercooked after the full time, you can carefully flip it over and bake for a further 10 minutes

Serve hot as part of a roast dinner