

Lozère produces 48 different cheeses. Pélardon, Roquefort and Bleu des Causses are some of the more well known.

Tome Fraiche de Cantal is a firm cheese that, when young, has a mild, buttery flavour that over time develops into a pleasant bite that is reminiscent of sharp cheddar.

Other Specialities include tripe, wild boar stew, braised mushrooms, fougasse (a local flatbread), lamb, confit and magret of duck and chestnuts.

Truffade

Truffade is a sort of thick pancake made with thinly sliced potatoes that are slowly cooked in goose or duck fat until tender, then mixed with thin strips of Tome fraiche de Cantal.

This mix is stirred until it sticks together in a sort of thick pastry, sometimes decorated with fresh parsley.

Preparation Time; 15mins, Cooking Time; 30mins, Serves 4

Ingredients

500 gr waxy potatoes, such as Charlotte

250 gr Tome fraîche de Cantal cut into thin strips or small cubes

3 tbsp Duck or Goose fat (lardon will do if the others are not available)

1 large garlic clove, finely chopped or mashed in a garlic press

salt and pepper

Method

Peel and cut the potatoes into slices.

Sauté until browned and tender in a large pan or casserole dish.

Season with garlic, salt, and pepper.

Add the cheese at the end of cooking.

Mix gently with a spatula or wooden spoon until the cheese has melted.

Serve immediately with a green salad and slices of ham.

Variant

Once the 'pancake' is fairly well set, you can flip it over to brown the other side.

Add sautéed lardons to the potatoes while they are cooking, but it is not the “true” recipe.

If you do use lardons, reduce the amount of salt.

Le Fricandeau

This is a typical dish from Lozère and the South of the French central massif.

Composed of a mixture of lean, fat and pork offal in varying proportions according to family traditions, it is cooked in the strainer of the pork, which gives it a special flavour.

It can be served hot but can also be eaten cold, accompanied by small vegetables (onions, gherkins), or even served with a salad and accompanied by a good country bread and a red wine (to be consumed in moderation).

Preparation Time; 30mins, Cooking Time; 45mins, Serves 4

Ingredients

4 large and thin beef cutlets of approx. 150g

mustard

salt

pepper

Farce:

8 slices of bacon

1 onion, finely chopped

Parsley, finely chopped

1 pickle, thinly sliced

1 carrot, finely chopped

1 slice of bread, thinly cut

Butter or cream sauce

Sauce:

1 onion, studded with cloves

1 laurel leaf

2 cloves of garlic

15ml of flour

300-400ml broth

salt

pepper

Method

Brush the cutlets with mustard, salt and pepper.

Stuffing

Cover each cutlet with two slices of bacon.

Spread the onion, parsley, pickle, carrot and bread on top.

Roll the meat tight and secure with toothpicks.

Heat the butter in a frying pan

Sear the fricandeaux over high heat on all sides.

Add the chopped onion, sauté briefly.

Take out the fricandeaux and the chopped onion.

Sauce

Lightly brown the flour in the same pan.

Moisten with the broth.

Add the meat and the chopped onion.

Braise covered over low heat for 45-50 min.

Remove the chopped onion and adjust the seasoning of the sauce.