



53 Mayenne is a department of north-western France. Its ancient geological formations connect it with Brittany. The surface is undulating, forests are numerous, cultivated areas are enhanced by the hedgerows and lines of trees by which the farms are

Divided. Mayenne belongs to the basins of the Loire, Vilaine, Selune, and the Mayenne. Agriculture and stock-raising are prosperous. A large number of cattle and horses are reared in the area. Craon has also given its name to the most prized breed of pigs in western France.

Mayenne produces excellent butter and poultry and a large quantity of honey. The cultivation of the vine is very limited, and the most common beverage is cider. Wheat, oats, barley and buckwheat are the most important crops, and a large quantity of flax and hemp is produced. Game is abundant. The timber grown is chiefly beech, oak, birch, elm and chestnut.

The Pommeau du Maine is made of apple must and cider brandy and has a subtle aroma of dried fruits, cooked fruits, cocoa and honey. It can be drunk chilled as an aperitif and can also accompany foie gras, warm oysters, Roquefort cheese, melon or apple tart.

Port Salut is a round cheese made from pasteurised cows' milk with a soft texture, a mild and a slightly fruity taste with a hint of hazelnut. It is perfect with a glass of full-bodied red wine.

Le Vieux Pane is made from pasteurized cow's milk. Underneath its thin, pungent, moist, and sticky washed rind, the texture is soft, springy, and melting in the mouth, while the flavours are creamy, mild, and smooth, with a slightly bitter aftertaste. Good on crusty bread with a glass of white wine on the side.

Guigne d'Annonay is a juicy, sweet, rich black or dark red cherry that ripens quite early.

Boeuf du Maine is bovine meat that is exclusively sold fresh and produced in the regions of Sarthe and Mayenne in France. The animals are reared in the traditional way, and they have access to natural feed and grassland that is favourable for the

animals' growth. One can prepare the beef meat traditionally, as a roast or grilled beef, as well as making stews, braised beef and fricassee. Boeuf du Maine is excellent when paired with a full-bodied red wine.

Tourte Mayennaise is filled with apples, beef and Entrammes cheese.

Guérande Fleur de Sel and sea salt have been produced in the Pays de la Loire and Brittany regions of France for a long time now. The Sel de Guérande is renowned for being 100% natural, unwashed and without additives. Both coarse sea salt and salt flowers have become some essential elements of the Pays de la Loire and French gastronomy.

Mayonnaise

Ingredients

1 egg yolk

25 cl of oil (sunflower, rapeseed or corn)

1 teaspoon of mustard

1 dash of vinegar or lemon juice

Salt and pepper

Method

Mix the egg yolk and mustard, salt and pepper.

Add oil gradually in a thin stream, whisking (hand mixer on medium speed) to start the emulsion.

Add the remaining oil gradually, always beating.

Finally stir the vinegar or lemon and adjust the seasoning.

To preserve: cover with cling film without air, it must touch the surface of the mayonnaise. Homemade mayonnaise will keep for 1-2 days, often more.

A Few Tips

It should not be too hot in the kitchen, otherwise the mayonnaise hardly rises and collapses very easily!

Egg yolk should preferably be at room temperature;

Must whisk constantly for the emulsion not to collapse

Finally the “flavourings” are always added at the end.

Tourte Mayennaise

Preparation Time; 30mins, Rest, Cooking Time; 30mins, Serves 8

Ingredients

150g soft butter

150g caster sugar

150g powdered almonds

150g butter _

750g pippin apples (5 apples)

1 pinch cinnamon (optional)

1 puff pastry

almond cream base

2 Eggs

Method

On the puff pastry base, spread the almond cream base and bake at 180C (fan 160C) for 25 mins

Remove from the oven.

In a sauté pan, brown the apples cut into pieces with the 150 g of butter

Spread them over the almond cream.

Whip 2 stiff egg whites and sweeten with 150 g of caster sugar.

Spread over the apples and return to oven at 180C(fan160C) for about 5 minutes,

Monitor the cooking (it must be a little golden).