



54 Meurthe-et-Moselle is in the middle of the Lorraine region, bordered in the north by Belgium and Luxembourg and sandwiched between Moselle and Meurthe. It is largely agricultural, dotted with tiny villages and traversed by the GR5, one of the Grande Randonnée footpaths which criss-cross France. To

the south is the Parc Naturel Regional de Lorraine, a protected area of marshes and woodland, which shelters many species of animals and birds including wild boar, deer, otters and eagles. Local gastronomy takes advantage of these riches with dishes such as jugged boar or haunch of venison served with cranberries and wild mushrooms. Agriculture is dominated by beef and dairy cattle raising. Cereals are also cultivated (particularly wheat and barley), and rapeseed has become an increasingly important crop. Viticulture is largely limited to the area around Toul.

The Lorraine Mirabelle is a small, round, yellowish-orange plum, with sweet, juicy flesh, delicious in tarts, compotes, jams or in a well-known local liqueur.

Rum Baba also known as savarin is a dessert made from a brioche dough of flour, salt, yeast, sugar, eggs and butter, it is splashed with a rum syrup while still warm.

Liverdun-Madeleine is a little cake in the shape of a rounded scallop, with a soft, pale yellow centre made with fresh eggs, butter, flour, sugar, milk, raising agent, salt and lemon essence.

Quiche Lorrain is a savoury flan, usually served hot, with shortcrust pastry, smoked bacon, eggs, cream, milk, salt and pepper.

Nancy Macaroon is a round cake with a crackled, convex surface, beige in colour. It has a deliciously soft texture, and a sweet almond flavour. It is made from unbeaten egg white, sugar and ground almonds.

The Nancy Bergamot is a speciality of Nancy This delicious translucent sweet combines natural bergamot essential oils and cooked sugar.

Bouchée à la Reine is a vol-au-vent traditionally served as an appetiser made with a puff pastry croustade filled with either chicken breast, veal, sweetbread,

mushrooms, seafood, quenelle or ham with a sauce of butter, flour, eggs and cream.

Lorraine Pie (Pâté Lorrain) is a mixture of pork, spare rib and round fillet of veal in flaky pastry, served as an appetiser with a green salad.

Pâté Lorrain

Preparation time : 45 mins, Cooking time : 60 mins, Rest : 12 hours, Serves 4

Ingredients

250 g of veal cushion

250 g of pork loin

500 g of puff pastry

1 egg

1 tbsp milk

2 shallots, finely chopped

1 bunch of parsley

1 twig of tarragon

1 thyme branch

2 garlic cloves, finely chopped

1 dl of white wine

Fine salt and freshly ground pepper

Method

The day before:

Cut the veal into pieces (each should be 1/2 cm wide and 5 cm long).

Mix the meat slices and the finely chopped garlic and shallots with 1 dl of white wine in a large bowl.

Add the parsley, the tarragon and the thyme.

Add salt (1/2 teaspoon) and pepper.

Mix well and cover this stuffing with plastic film and leave to marinate for 12 hours in the fridge.

Next day:

Roll out the puff pastry, forming two separate rectangles, until the pastry is only 2 to 5 mm thick.

One rectangle should measure more or less 35 cm as it will be used for the base and the edges,

The second rectangle should be slightly smaller, 30 cm, serving as a top cover.

Place each rectangle on a plate and set aside in the fridge for 1 hour until they become firm.

In order to make the paté, place the marinated stuffing in the centre of the largest rectangle, being careful to leave a 6 cm margin all around it (for the paté edges).

Fold the larger sides of the rectangle over the stuffing, without overlapping.

Then fold the other two sides and remove any excess pastry below them in order to avoid having too much pastry above the stuffing.

Whisk together the egg, the milk and a pinch of salt.

Brush this mixture over the pastry edges.

Fold these edges and make them stick together.

Cover the paté with the second rectangle

Remove any excess pastry and press gently with the tip of your fingers so that both pastries stick together well.

Brush some more of the egg mixture over the whole surface.

Take a knife and open 1 or 2 small holes in the pastry in order to let cooking vapor escape easily.

Decorate with a crisscross design over the pastry using a knife.

Place the paté in the fridge for 30 minutes so that the pastry becomes firmer.

Preheat the oven to a temperature of 200C(fan180C) 400°F

Cook in the middle of the oven for 45 minutes at a temperature of 200C (fan180C) then for 15 minutes at 180C (fan 160C) 375°F.

Serve with a green salad and Alsace Grand Cru, Edelzwiker, Bergerac sec, Blanc fumé de Pouilly