



**55 Meuse** Much of the area is forested and hilly. The Vosges Mountains rise along the region's historical border of Alsace on the east, giving way to the hilly Lorraine Plateau to the west. The Meuse River traverses the region from south-southwest to north-northwest.

The Aisne River gathers its headwaters north of Bar-le-Duc and is fed by the Aire River, which flows below the eastern escarpment of the Argonne hills. A continental climate prevails, with warm summers and winters that are cold and severe, especially at the higher elevations.

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.

Specialities of the region are exemplified by the Commercy madeleine, Verdun's sugared almonds, locally brewed beers and the mirabelle plum tart, as well as the local confectionary:-

Croquets and Rochers from Saint-Mihiel

Crottes de Satan and Baisers de Dagobert from Stenay

Lorgnons from Ligny-en-Barrois.

Jam, Chatelaines de Gombervaux and Jeannettes de Vaucouleurs from Bar-le-Duc

Meuse Truffle with its pungent aromas of bitter almond and apricot and the wines from the Meuse Hills, the whites, reds and roses with their clean, fresh, fruity taste.

## Quiche Lorraine

For 4 people

## **Ingredients:**

350g shortcrust pastry

200g smoked bacon

4 tablespoons fresh cream

4 eggs

5 turns of the pepper mill

## **Method:**

Cut the smoked bacon into small dices after removing the rind

Sauté without fat.

Preheat oven to 220°C (fan200C)

Roll out the dough

Butter your pie dish

Place the dough in the dish and prick your dough with a fork.

In a bowl, beat the eggs with the cream and pepper.

Arrange the cooked smoked bacon cubes on the dough and pour over the egg, cream and pepper mixture.

Bake for 25 minutes.

Do not add salt to the egg, cream and pepper preparation.

Enjoy the warm quiche with a green salad.

## **Tajine de Poulet Fermier à la Mirabelle de Lorraine**

For 4 People

## **Ingredients:**

1 Meuse free-range chicken

800g frozen or canned Mirabelle plums from Lorraine

1 onion

1 handful of blanched almonds

1 tablespoon of honey

2 star anise

1 teaspoon ground cumin

2 pinches of cinnamon powder

olive oil

salt pepper

### **Method:**

Cut the chicken into pieces and slice the onion.

In a casserole, brown the chicken pieces in a little olive oil until they are golden brown.

Reserve on a platter.

In the same pot, brown the sliced onion, add the spices, salt, pepper and mix.

Add the honey, almonds and mirabelle plums.

Cook over low heat for 20 minutes.

Then add the chicken pieces, mix and cook for another 15 minutes.

Serve hot with couscous or semolina.

N.B. During cooking you can add a tablespoon of mirabelle brandy.