



56 Morbihan is a department in the administrative region of Brittany, situated in the northwest of France. It is named after the Morbihan, the enclosed sea that is the principal feature of the coastline.

The area is an important agricultural area. Following several decades of change and modernization, farming is efficient and productive, dominated by the raising of pigs, poultry, and calves. Cereals and forage crops are grown, largely to meet the needs of livestock farmers

Vegetables are cultivated in certain northern coastal areas. Fishing has declined in importance, as elsewhere in north western Europe, owing to problems of overfishing and the consequent need to limit catches, but it still characterizes many of the areas ports.

Saint-Paulin is a semi-soft cheese with a white-coloured body, a creamy and firm texture and milky aromas. Its flavour is best described as nutty and buttery. Pairs well with Riesling or Beaujolais.

Niniches are hard candies in the shaped like lollipop and made from sugar, glucose, flavourings, and citric acid.

Coquille Saint-Jacques des Côtes-d'Armor are scallops which are sweet and salty and creamy. They can be paired with a wide variety of products such as mushrooms, wine, butter, used in gratins or baked with cheese for a tasty appetizer.

Oignon de Roscoff is full of flavour, slightly sweet, fruity, juicy and crunchy raw, and once it is cooked the texture becomes tender and the taste even sweeter. These onions are well known for their long shelf life

Pâté de Campagne Breton is a pâté made from local pork meat and fat, containing liver, cooked rinds, onions and spices such as nutmeg, garlic, pepper, thyme and parsley. Serve it cold and eat it on bread with pickles as a tasty snack or pair it with wild mushrooms.

Belon Oysters are some of the rarest oysters in the world with a flavour reminiscent of brine and an intense copper finish. They are flat and round, with rippled green shells.

Recette du Tartare d'Huîtres dans son Bouillon à l'Echalote

Serves 4

Ingredients

12 oysters from Quiberon Bay

100 g fresh cream

4 shallots

50 cl dry white wine

1 large potato

parsley, thyme and bay leaf

olive oil

wine vinegar

bread

Method

Garnish

Peel the potato and cut it into four slices 5 cm thick.

Spread them in a dish with salt, pepper, olive oil and a little water.

Cover with aluminium foil and bake at 180°C (fan160C) for 15 minutes.

Oyster Tartare

Open the oysters and shell, taking care to keep the water.

Peel and chop the shallots, set aside some for the tartare.

In a saucepan, sauté the shallots in a drizzle of olive oil.

Add the white wine, a quarter of a bay leaf and a little thyme.

Reduce by a third before adding eight oysters and their water as well as the cream.

Cook for 5 minutes.

Put everything in the Blender.

Keep warm.

Chop the rest of the oysters with a knife.

Mix them with the remaining shallots, chopped parsley, a drizzle of olive oil, as well as a drop of wine vinegar.

Arrange the tartare on a slice of warm potato, with two slices of toasted bread.

Serve the oyster cream in a small glass jug