



57 Moselle is the most populous department in Lorraine, in the east of France and is named after the river Moselle, a tributary of the Rhine, which flows through the western part of the department. Inhabitants of the department are known as Mosellans.

Much of Lorraine is forested and hilly. The Vosges Mountains rise along the region's historical border on the east, giving way to the hilly Lorraine Plateau

The Meuse River traverses the region from south-southwest to north-northwest. Other important rivers include the Meurthe, Moselle, and Saône. 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.

Madeleines are buttery cookies like a sponge cake, slightly browned and crispy on the outside and soft and tender on the inside. Traditionally baked in shallow, scallop-shaped moulds, they come in many flavours, such as chocolate, vanilla, rose, honey, lavender, and orange but classic madeleines are flavoured with almonds or lemon and are served with a dusting of powdered sugar.

Tourte Lorraine is baked in pastry and includes a pâté of pork and veal, marinated in an aromatic bath of wine, shallots, cloves, and flavourful herbs de Provence – a blend of dried thyme, marjoram, oregano, rosemary, chervil, tarragon, lovage, sage, bay leaf, and fennel.

It is traditionally served as an appetizer with a side of green salad, and paired with a chilled glass of wine.

Tête de Veau consists of a calf's head boiled until the meat becomes tender and the skin develops a gelatinous consistency. The tongue and brain are boiled separately with a combination of spices. The meats are served in thick slices on a platter with the vegetables used in cooking, usually potatoes and carrots, and a drizzling of sauce.

Tarte aux Mirabelles consists of plums on a bed of pastry cream or creamy custards. Before baking, the tart is sprinkled with powdered sugar and/or mirabelle brandy and caramelized under a grill or with a blowtorch.

Potée Lorraine combines meat, potatoes, and vegetables, and transforms them into an authentic meal. Traditionally, pork shoulder or pork knuckles and sausage are used while the vegetables are most commonly cabbage, carrots, turnips, and leeks.

Brioche Tressée de Metz is a sweet bread prepared with a buttery brioche dough shaped into a large, twisted braid

Glace Plombières is a French ice cream containing candied fruit macerated in high-quality kirsch.

Tourte Lorraine

Meat Use equal amounts of of veal rump and pork loin cut into small cubes and marinated before filling.

Marinade The meat needs to be marinated for at least one night, but 24 to 48 hours would be ideal. The base for the marinade is dry white wine, shallots, onions and aromatic herbs such as parsley, thyme, marjoram, oregano, rosemary, chervil, tarragon, sage, bay leaf and fennel.

Also, the meat filling must be dry before marinating

Dough There are two options for the dough: the first one is the traditional shortcrust made out of butter, flour, eggs, water and salt, and the other one the puff pastry. The dough needs to stay crispy on both top and the bottom: this is why the meat filling needs to be thoroughly drained before baking.

Baking This dish is usually baked in a round clay pot with egg and cream sauce poured in mid-way. The easiest way to do it is by using a fennel placed in the middle of the tourte. To check the tourte during baking, remove the dough lid. If the dough is already well browned, but the interior seems under done, decrease the temperature of the oven.

Ingredients

Serves 8

2 sheets of puff pastry

1 l dry white wine

250 g beef

250 g pork

5 eggs

1 egg, for top coat

1-2 onions

4 shallots

125ml cream

1 bunch parsley leaves

1 bay leaf

salt

pepper

Method

At least one day before preparing the tourte Lorraine, cut veal and pork into small cubes or.

Add salt and pepper.

Wash and dry the parsley and cut it in half.

Cut the onions and the shallots into 2 to 4 pieces and add one bay leaf.

Add to the meat, mix with your hands and add the white wine – it must cover the mixture.

Pack the mixture in a plastic bag and put it into a refrigerator.

If possible, repeat mixing once or twice.

The next day, remove the meat mixture from the refrigerator, remove parsley, bay leaf, shallots and onions and drain well.

Preheat the oven to 280°C (fan260C)

Prepare two rounds of dough

Place your first sheet of puff pastry over the mould so that it overflows at least 3 to 4 centimeters.

Set the surplus aside.

Place the drained meat mixture on top of the puff pastry so it covers the bottom.

Sprinkle the meat with a handful of flour and place the second sheet of puff pastry over it.

Make a small hole in the middle.

Whisk one egg and glue the edges of the top and the bottom layer of the puff pastry, then brush the top of the tourte with the remaining whisked egg.

Roll the surplus of the dough from the first sheet of puff pastry to a form or a disc and place it over a hole in the middle of the top layer as a lid. Reduce the temperature to 210 °C (fan190C) and bake for 30 minutes.

In the meantime, prepare the sauce

Whisk 5 eggs, the remaining eggs and the cream.

Add salt and pepper.

In the oven, the dough will start to rise and brown.

Prepare a funnel, remove the pie from the oven, remove the dough lid from the middle and pour in the custard through the hole using the funnel.

Return the tourte back to the oven and bake for another 30 minutes.