58 Nièvre has a diverse physical structure. In the northwest the undulating lowlands of the Paris Basin give way progressively to plateaus of Jurassic origin that stretch in a broad arc from the Nivernais Plateau in the west to the Langres Plateau in the east. They surround the crystalline uplands of Monan and Charolais. These different upland areas are cut by a series of depressions and river valleys that form an important watershed; the Loire and Seine rivers flow northward to the Atlantic Ocean, whereas the Saône has its outlet in the Rhône and ultimately the Mediterranean.

Agriculture is varied. Beef cattle are raised in the upland areas in Nièvre and the western part of Saône-et-Loire, which is noted as the point of origin for the Charolais breed. Dairy cattle are raised in the east. Large-scale cereal farming is practiced in Yonne and the northern portion of Côte-d'Or. Along the lower slopes of the Côte-d'Or is Burgundy's premier wine-producing district. The vineyards, comprising the two main groups of Beaune and Nuits, produce the most celebrated Burgundy wines, including Clos-Vougeot, Gevrey-Chambertin, Nuits-Saint-Georges, and Pommard. The Yonne valley also produces fine wines, especially those of Chablis, east of Auxerre.

Burgundy Truffle is most commonly used cut into fine shavings enhancing salads, omelettes, hot rolls, sauces, oils, poultry and other prestigious dishes.

Poires au Vin consists of pears, red wine (Beaujolais), and flavourings such as honey, sugar, cinnamon, vanilla, orange zest, peppercorns, and cloves. The pears are poached in wine, drained and the sauce thickened and poured over the pears.

Coq au Vin s made with chopped chicken, its blood, onions, carrots, garlic, thyme, bay leaves, parsley, mushrooms, salt, pepper, and a hefty dose of red wine. The ingredients are then slowly cooked over low heat until the meat becomes tender.

Beef Bourguignon is a rich and complex stew of Charolais beef, along with onions, garlic, thyme, carrots, potatoes, mushrooms, dried orange peel simmered for a long time until the meat is completely soft and succulent.

Gougères are tiny, hollow pastry puffs made from choux dough and cheese, most commonly grated Comté, Emmentaler, or Gruyère.

Escargots Bourguignonne consists of snails that are baked with garlic and butter. If using fresh snails, they should be blanched in boiling water and rinsed in clear water, cleaned with a small brush in a mixture of water and vinegar, and rinsed again. Serve with a crusty baguette

Oeufs en Meurette consists of eggs poached in red wine which keeps the eggs intact. It is accompanied by either a meurette or bourguignon sauce, consisting of red wine, onions, bacon, and shallots. Traditionally served with toasted garlic bread on the side.

Jambon Persillé is an appetizer consisting of a ham hock that is simmered in white wine and made into a terrine with parsley.

Pôchouse is a traditional freshwater fish stew using eel, pike, and tench, poached in Aligoté, a white wine from the region, with Garlic, bacon, thyme, and bay leaves used as flavourings. The dish is usually served with a creamy sauce consisting of butter and flour.

Pôchouse Bourguignonne

For 4-6 servings

Ingredients

1.5 kilograms freshwater fish such as zander or a mixture of perch, pike, and tench
500 grams eel, cleaned
750 ml Aligoté (plus 1 more to drink with it)
1 onion
1 carrot
2 sprigs fresh thyme
2 bay leaves
1 sprig fresh parsley
2 tbsp chopped fresh flatleaf parsley
some black peppercorns
60 grams butter
10 grams flour
6 slices French bread
100 grams crème fraîche
salt and freshly ground black pepper
3 cloves garlic
1 clove

Method

Fillet the fish
Keep the heads and bones for the stock.
Remove the eyes and the gills from the fish heads.
Cut the fillets into strips of about 2-3 cm wide and the eel into 5 cm segments.
Soak the fish heads and bones in cold water for 15 minutes to remove any blood and smells.
Drain the soaking water and put the fish heads and bones in a pot.
Cover with 1 litre clean water
Bring to a boil and remove the scum that will rise to the surface with a slotted spoon.
Prepare the other stock ingredients.
Chop the onion and the carrot.
Assemble 1 bay leaf, 1 sprig parsley, 1 clove, and some black peppercorns.
Add the assembled stock ingredients to the pot.
Lower the heat to a simmer and allow to simmer, uncovered, for 30 minutes.
After 30 minutes, filter the stock with a colander first to remove the large bits.
Then filter with a fine sieve.
Simmer the stock until it has been reduced to about 125 ml.
Preheat the oven to 65C, 150F and put the plates for serving in the oven.
Meanwhile, put the crushed garlic cloves in a pot with a sprig of thyme, a bay leaf, salt, and freshly ground black pepper.
Add the entire bottle of Aligoté.
Bring to a boil.
Lower the heat to very low and add the fish.
Regulate the heat such that the poaching liquid is about 60C, 140F.
Poach the fish for 10 minutes.
The fish is done when it's opaque but not yet dry or very flaky.
Remove the fish with a slotted spoon and arrange on the warm plates.
Keep the plates with the fish warm in the warm oven (65C, 150F).
Meanwhile, bring the poaching liquid to a boil and reduce over high heat.

Fry the slices of french bed in 20 grams of the butter to make croutons.

Combine the flour with the remaining 40 grams butter.

Mix the flour and butter to make beurre manié, a classic French thickening agent for sauces.

Add the beurre manié to the concentrated fish stock, and whisk to mix.

Add the concentrated poaching liquid to the concentrated fish stock, filtering out the garlic, bay leaf, and thyme.

Add the crème fraîche.

Whisk to mix.

Taste and adjust the seasoning with salt and freshly ground black pepper.

Keep very hot.

Remove the fish from the oven and season lightly with salt.

Remove any juices that may have run out of the fish with paper towels.

Pour the hot sauce around the fish.

Serve immediately with croutons, sprinkled with parsley.

It is best when the fish and the sauce are eaten together.

Wine Pairing:- the same Aligoté that was used to make the dish.