



61 Orne is a department of France located to the south of the Lower Normandy region. It is a region to be visited by those who love the countryside. With its quiet waterways and extensive areas of forest, picturesque scenery and quiet villages and towns with historic centres, it is a place to relax and enjoy. Famous for its studs, especially the national stud, Haras du Pin near Argentan, the department offers a wealth of activities for horse enthusiasts.

Animal husbandry dominates, and the western area is given over to permanent pasture or the cultivation of forage crops. Perche is a major producer of beef. Dairying is also widespread producing Camembert cheese, Pont-l'Évêque and Livarot. Farms are generally small in size, and fields are frequently hedge-lined. On the eastern lowlands around Caen, where farms are larger, cereal farming is important. In addition, many farms grow apples for the manufacture of cider and calvados. The 'boudin noir' from Mortagne-au-Perche is also highly recommended.

Cheeses of Normandy The abundance of farmland, and dairy farming produces some of the best cheeses in France. The four classics are Pont-l'Évêque, Livarot, Neufchâtel and Camembert. Normandy cheeses tend to be smooth and creamy with a soft rind. They go well with cider.

Andouille de Vire is a sausage from the Vire region, made from pork, that is cut into strips and smoked.

Trou Normand is traditionally offered either between meal courses or as a dessert. The liqueur Calvados is poured over a tangy apple sorbet in a small shot glass. Calvados serves as a digestif and helps to awaken the appetite, while the apple sorbet softens the flavour without compromising it.

Omelette à la Mère Poulard is renowned for its fluffy texture. The whites and yolks of the eggs are separated and whipped individually. Cream and butter are added and the contents soufflé over high heat.

Teurgoule is a rice pudding, cooked in milk and sugar, and topped with nutmeg and cinnamon. The mixture is baked for several hours to create a thick, caramelised crème brûlée-like crust. It pairs best with a local cider and fallue, a Norman brioche.

Joue de Bœuf is beef-cheek cooked with apples, cider, carrots, onions and a slew of spices and seasonings, producing a tender and flavourful beef that makes for classic comfort food.

Tarte Normande is a favourite dessert in the region, this simple tart is always a show-stopper thanks to its thinly sliced apples, dash of Calvados, and buttery shortcrust pastry filled with an egg and cream custard.

Boudin Noir or blood sausage is similar to the black pudding and is made from pork, spices and pig's blood, which gives the sausage its dark.

Crêpes Normande are made from a flour and egg batter with added sugar and a tasty filling of apples cooked in sugar and butter, often served with a dollop of Calvados cream.

Coquilles Saint-Jacques is a baked-scallop dish served in a creamy sauce, often topped by breadcrumbs.

Omelette à la Mère Poulard

Preparation Time; 5mins, Cooking Time; 10mins, Serves 4

Ingredients

8 eggs

50g butter

2 tbsp fresh cream

Fine salt, ground white pepper

Method

Beat the egg yolks with a whisk

Add salt and pepper.

Whisk the egg whites until stiff, with a pinch of salt.

Melt the butter in a pan, then pour in the beaten egg yolks.

Add 2 tablespoons of fresh cream.

Salt, pepper.

When the yolks begin to cook, add the whites a third at a time times.

Finally, finish cooking over high heat.

Serve immediately.

A few seconds before the end of cooking, stop stirring so that the mass can "set".

Slide the omellet onto a warm platter and fold it over on itself.

Serve immediately.

Teurgoule

French Teurgoule is a slow baked rice pudding originated from Normandie. Baked for several hours in the oven at low temperature, Teurgoule is characterized by a sweet and creamy texture, flavored with cinnamon, underneath a brown upper crust.

Ingredients

100g Arborio rice

1L whole milk

90g cane sugar

1 teaspoon ground cinnamon

1 cinnamon stick

Method

Preheat the oven to 150°C (130C fan) 300F

Start by adding the rice in a small terracotta deep round dish or small clay-pot that can go in the oven.

Set aside.

Pour the milk, sugar and cinnamon in a sauce pan and bring it to the boil.

Once it reached the boil turn the heat off.

Pour the warm milk over the rice, then place you dish on the bottom shelf of the oven. Leave to slow cook for 3 and 1/2 hours until a brown crust has formed on top of the rice.

Serve warm, lukewarm or at room temperature in small bowls or straight out of the dish.

Note that you usually don't eat the brown crust, that is rather bitter in taste, but it's really up to you depending on your own tastes.