



62 Pas-de-Calais is a department in northern France named after the French designation of the Strait of Dover, which it borders. It has the most communes of all the departments of France, 890, and is the 8th most populous. The Calais Passage connects to the Port of Calais on the English Channel

Flatlands predominate in the north, with much of the land lying below sea level. The hills of Cambrais and Avesnois rise to the southwest and

southeast, respectively, but elevations rarely exceed 200 metres. The area is drained by the Canche, Schelde (Escaut), and Sambre rivers. A mild and humid climate prevails.

Agriculture is highly mechanized and employs only a small percentage of the workforce. Farmland in the north tends to be enclosed, while that in the south tends to be open. The leading crops are wheat, barley, sugar beets, and potatoes. More specialized crops include flax, vegetables, and hops. The region is a leading producer of pork. It also has an important dairy industry. Boulogne is a major fishing port, but the activity declined in the late 20th century.

Le Potjevleesch consists of four different types of meat marinated in white wine or beer, before cooking. It is served cold wrapped in a delicate jelly, served with French fries and a variety of salad leaves

La Tarte aux Maroilles or Flamiche is a soft cheese, smooth, with a red and orange coloured crust. The traditional recipe using Maroilles cheese is made with a fully raised dough on which fine slices of cheese are placed (with its golden crust). 20 min in the oven and it's done. Can be accompanied with a local beer.

La Carbonade Flamande is a traditional stew having a sweet and sour flavour. it is based on beef and eaten with spiced bread, and traditional french fries. The beef is simmered with spices and brown sugar in a casserole, the beer is added. Food lovers will love to dip their French fries into the caramelised sauce.

Tarte aux Mirabelles. The mirabelle plum is a small, golden and very fragrant plum , originating from Lorraine. Simply stripped of its stone and cooked in puff pastry , it's delicious!

Andouillette de Cambra is a French coarse-grained sausage made from the intestine of of a pig with pepper, wine, onions, and seasonings. Andouillettes are generally made from the large intestine and are 7–10 cm in diameter. True andouillettes are rarely seen outside France and have a strong, distinctive odour coming from the colon.

When made with the small intestine, they are a plump sausage generally about 25 mm in diameter.

Maroilles Tart (Flamiche au maroilles) is a traditional savoury tart recipe from Picardy, made with maroilles, a typical cheese of the region. Flamiche au maroilles is a culinary specialty of Thiérache and Avesnes

Chicory Gratin is bathed in garlic spiked cream with a hint of dijon mustard and plenty of gruyère cheese. It's delicious served with a simple salad and some crusty bread.

Hochepot is made with oxtail, shoulder of mutton, salted bacon, and vegetables. The stewed vegetables are served whole. The hochepot was formerly a meal with meat, chestnuts and turnips cooked with stock in a clay pot. Nowadays, it is cooked with different kinds of meat: beef ribs, shoulder or neck of mutton, veal chest or veal collar, salted pork, pig's ears and pig's trotter and sausages. They simmer in a pot with winter vegetables: carrots, parsnips, onions, leeks, celery, potatoes and herbs.

Boulogne-Style Mackerel with mussels, Blonde beer, parsley, butter, mushroom, flour, onion, egg, and parsley make the sauce for this interesting combination.

Regional Cheeses include gruyère, Grix de Lille or grix de Vieux Lille, Maroilles or Marolles, Mimolette vieille or Boule de Lille, Saint Paulin, and Boulette d'Avesnes.

Anguille au Vert à la Flamande (eel cooked with herbs)

Coq à la Bière

Gâteau Carpeaux (chestnut cake)

la Gaufre à la Chicorée (chicory waffle)

Rhubarb Tart

Tuiles d'Arras (thin cookies)

Bêtises de Cambrai.

The region is renowned for its beer and jenever.

Tarte aux Mirabelles.

Preparation Time: 15 minutes, Cooking Time: 25 minutes, Serves 4

Ingredients:

half a Maroilles cheese (360g)

250 g flour

250ml warm milk

1 egg

½ tablespoon (10 g) baker's yeast

30 g butter

1 pinch salt

Method

Make the yeast dough by mixing together the flour, yeast/milk mixture, melted butter, whole egg and salt.

Spread the dough over a buttered pie plate and leave it to rise for an hour or two in a warm spot.

When the dough has risen, cover it fully with thin slices of Maroilles cheese and bake it at 220C (fan 200C) 425°F for approximately 25 minutes.

Anguille au Vert à la Flamande (eel cooked with herbs)

Preparation time; 15 minutes, Cooking time; 30 minutes, Serves 6

Ingredients

1,500 kg or 2 eele

150g sorrel

parsley

chervil

mint

tarragon

white nettles

10 ml of white wine

1 egg yolk

1/2 lemon

100g butter

salt

pepper

5 ml oil

Method

Have the eels skinned by your fishmonger.

Cut them into chunks.

Put the butter in a saucepan

Melt the butter over low heat

Add the cut herbs (parsley, chervil, mint and tarragon being very finely chopped).

Cook for ten minutes over very low heat.

Heat the oil in a large frying pan and sauté the eel sections for 5 minutes.

Add them to the buttered herbs

Add the white wine, salt, pepper; cook covered for 15 minutes.

Mix the egg yolk well with the lemon juice, in a bowl.

Gently pour over the cooking broth, one to two spoonfuls at a time, stirring well, then add this mixture to the saucepan where the eel is, take off the heat.

Transfer everything to the serving dish.

Serve hot or cold.