



63 Puy-de-Dôme is a region rich in variety, combining mountains, lakes and forests, spas, medieval villages and fine chateaux. To the west are the extinct volcanoes, the puy (volcanic peaks) of Monts Dore and Monts Dome. This mountain country offers wonderful opportunities for walking, climbing and riding. To the south east are Monts du Livradois and Monts du Forez, a wild and remote region, one of least populated areas of France.

In between these extremes are the gentle valleys of the Allier and the Dore, a fertile land of orchards, vineyards and farms, called the Grand Limagne, limagne being the word for valley in the Auvergne. The department also includes large sections of two regional parks, the Parc des Volcans' d'Auvergne and the Parc Livradois-Forez.

Agriculture is dominated by cattle raising with greater emphasis given in the north to beef and in the south to milk production, which is frequently used for making cheese. In contrast to the upland areas, the plains of Limagne around Clermont-Ferrand and Issoire specialize in cereal production (predominantly wheat but also corn [maize]). Much of the area is afforested, but only portions have been commercially exploited.

Avèze is a gentian root-based liqueur made from yellow gentian root that is grown in Volcans d'Auvergne national park. It is soft and mellow, while the flavour is bitter and complemented by pleasant sweetness.

Bleu d'Auvergne is made from raw cow's milk. The aroma is intense, while the flavours are pastoral, spicy, and salty, reminiscent of grass and wildflowers. It pairs well with dessert wines that provide a mellow contrast to Bleu's intensity.

Saint Agur is a rindless blue cheese made with cow's milk with a sharp, spicy, and fruity taste, while the aroma is intense and milky it is very creamy and smooth

Jambon d'Auvergne is ham made from the hind leg of the pig, dried and salted Garlic is mixed with the salt to add a specific flavour. Once sliced, the ham is lean and red to dark red, with very little fat

Saucisse Seche d'Auvergne is a variety of thick, dry cured sausage. It is made exclusively with sow meat. They are all handmade and are traditionally coarsely chopped and enjoyed with home baked bread and a slice of Brie cheese.

Porc d'Auvergne meat is firm and homogeneously red in colour with firm and white back fat. When cooked or roasted, Auvergne pork is delicately tender and very juicy with a typical, pleasant, pork taste, a strong smell and is very succulent and well marbled.

Soupe au Chou (cabbage, pork, lard and potatoes)

Potée Auvergnate (hotpot with cabbage, leeks, turnips, carrots and pork).

Chicken with Green Asparagus, Country Bacon and Porcini Mushrooms

Preparation Time; 60mins, Cooking Time; 130mins, Serves 4

Wine: White Bordeaux wine or Sauvignon blanc from Château Cazbonne

Prepare the beurre mousseux by bringing 100ml of water to the boil, remove from the heat and infuse with 3 Kaffir lime leaves for a few minutes. Remove the leaves, add 150g butter, mixing with a whisk, salt, pepper, add the lemon juice, leave warm over a low heat.

Ingredients

1 free-range chicken
1 grey shallot,
4 cloves of garlic,
2 sprigs of tarragon,
Fleur de sel.

For the garnish:

20 green asparagus,
20 thin slices of country bacon,
500 gr of porcini mushrooms,
50ml of olive and rapeseed oil,
30 gr of butter,
200 ml of chicken stock stock,
Fine cooking salt,
Pepper black beans from the mill.

Method

Preheat the oven to 100°C.

Rub the chicken on its skin with fleur de sel.

Place it in a cast iron casserole.

Bake it uncovered for 2 hours without any oil.

Baste the chicken during cooking.

15 minutes before the end of cooking arrange the porcini mushrooms and asparagus around the chicken.

Finish cooking covered at 100C.

Remove and cut the porcini mushrooms into quarters.

Fry the porcini mushrooms in a non-stick pan with a little olive oil.

Drain them in a colander.

Finish cooking them in the same pan in beurre moussoux

Set aside on the side of the plate.

Peel and wash the asparagus.

Wrap them in thin slices of bacon, letting the head stick out.

In a non-stick frying pan, heat the beurre moussoux

Sear the asparagus on all sides.

Moisten with the white and poultry stock.

Let them cook for 5 minutes.

Place on the side of the plate