



69 Rhône Agriculture is diversified, with a number of regional specializations. In the upland and mountainous areas in the east, dairying and forestry are widespread, whereas in the lowland regions of Bresse, Dombes, and Bas-Dauphiné, cereals are cultivated.

Farther west, on the fringes of the Massif Central, beef cattle are raised and in Loire and sheep in Ardèche. This sector is divided evenly between crops and livestock in the Rhone. Crops produced in the Ain region and the left bank of the Rhone are mostly grain, including maize. However, in the south fruit and vegetables are grown in the Rhone valley. The Rhône-Alpes is the largest producer of apricots and the second largest producer of peaches, raspberries, walnuts, cherries. Milk and wine production are the second most important agricultural produce in the Rhône-Alpes.

The gastronomic offerings from this region are influenced by Mediterranean flavours and ingredients from Africa, like oil, brine and wines from Tunisia. Specialities include poultry dishes from Drôme, delicate candies called Papelines from Avignon, and crunchy nutty nougat from Montélimar.

Lyonnais cuisine affects the entire region and is a must-experience for any food-loving traveller.

L'Aperitif

À La Lyonnaise is a standard sauce of onions sautéed in butter deglazed with white wine and vinegar, then simmered in a basic demi-glace.

Communard is made from Beaujolais and Crème de Cassis.

Les Grattons are succulent bites of deep-fried pork back fat frequently served alongside a glass of wine.

Grogères au fromage – French cheese puffs

Rosette de Lyon – a cured pork sausage known for its bright red colour
Jésus – another pork sausage wider in diameter than most

Entrées in Lyonnaise Cuisine

Salade Lyonnaise is a green salad topped with lardons or grattons, croutons, a poached egg, and mustard dressing. Pair with a Chardonnay from the Mâconnais or a refreshing Crémant de Bourgogne.

Le Cervelas Lyonnais is a cooked sausage made with more finely minced pork enhanced with truffles or pistachios. Serve with a salad or plain potatoes and pair with a glass of Beaujolais

Sabodet is a sausage made with the entire pork head snout, ears, and seasoned with red wine, garlic, and nutmeg.

Saucisson de Lyon Brioché is a sausage wrapped in a savoury brioche. Beaujolais is a pairing for sausage brioche.

Gâteau de Foie de Volaille is a chicken liver cake made with Bresse chicken livers, eggs, brioche, and shallots. Pair with a Burgundian Pinot Noir.

Salada de Foies de Volaille – pan-fried chicken livers served over salad

Tripes à la Lyonnaise – blanched tripe pan-fried with onions and garlic, served with a potato purée

Le caviar de la Croix Rousse – a simple lentil salad with cream and cervelas sausage

Main Courses in Lyon

Quenelles are fluffy dumplings made with moistened breadcrumbs, veal fat, flour, cream, and pike fish. Minced meat, chicken and vegetables. Pairs with a white Burgundy, Chablis or Champagne.

Le tablier de Sapeur, is made from beef tripe slowly cooked in court bouillon, marinated in white wine, dredged in breadcrumbs, and deep-fried. Potatoes and a sauce made from hard-boiled eggs, chives, and mustard typically accompanies it. Savour a glass of Moulin-à-Vent or Morgon

Poulet au Vinaigre à la Lyonnaise is chicken cooked in a vinegar sauce, stock, onions, shallots, garlic, tarragon, tomatoes, cream, and white wine. Pairs well with Grenache Noir, Gigondas or Vacqueyras.

Andouillette – is a sausage made with pork intestines, onions, wine, and seasonings.

Poulet de Bresse aux Morilles – Bresse chicken with morels and cream sauce.

Coq au Vin – **chicken** cooked with vegetables and herbs in a Burgundian red wine sauce.

Side Dishes in Lyon include potato side dishes or other gratins for example, Gratin Dauphinois, paillasson Lyonnais which are potato hash pancakes flavoured with thyme, parsley, garlic, salt, and pepper. Gratins made from leeks, cardoons, and crayfish are also prominent on Lyonnaise menus.

Cheeses From Lyon

Cervelle de Canut is a fresh, creamy spread of white cheese and crème fraîche flavoured with fresh herbs, vinegar, olive oil, shallots, salt, and pepper.

Saint-Marcellin – is a creamy, soft-ripened cow's milk cheese within the Brie family with fruity, nutty flavours.

Saint Félicien is a buttery, soft cow's milk cheese with an intense mushroom aroma, and fruity, tangy flavours.

Desserts in Lyon

Tarte à la Praline features a shortcrust pastry filled with a mixture of ground almonds, eggs, and cream for a finely textured filling covered in red or pink sugar.

Coussin de Lyon are shaped like cushions and made from almond paste and filled with a chocolate ganache. Lightly flavoured with liqueur.

Vacherin is an ice cream cake featuring a shell of meringue or marzipan filled with ice cream or sorbet. Whipped cream tops this dessert, and the vacherin is traditionally served with candied fruit.

Tarte à la Praline

Preparation Time; 25 mins, Cooking Time; 30 mins, Serves 6

Ingredients

300 g pink pralines
120 g Butter at room temperature
300g Single cream
1Egg
220g Flour _
25g ground almonds
50 g Icing sugar
1 Pinch of salt

Method

Mix the flour, icing sugar, ground almonds, salt and butter pieces in the bowl of a stand mixer.

Add the egg and knead until the dough comes away from the walls.

Form a ball, wrap in cling film and refrigerate for 30 minutes.

Preheat the oven to 180°C (fan 160C).Line a baking sheet with parchment paper.

Roll out the dough thinly to make a pastry circle (20 cm) placed on the baking sheet.

Prick the bottom, cover with parchment paper and garnish with dried beans.

Bake for 15 mins.

Place the pralines in a freezer bag and crush them with a rolling pin.

Mix the pralines with the liquid cream and cook over medium heat until it reaches 112°C (about 15 minutes).

Pour the praline cream over the base of the tart and leave to cool at room temperature until ready to serve.