



**72 Sarthe** takes its name from the River Sarthe which eventually joins the Loire at Angers.

Best known for the twenty four hour race at Le Mans, the department has much to offer besides this latter day attraction.

The Alpes Mancelles continue from the Mayenne into the north of this department as part of the Parc Naturel Régionale de Normandie et Maine.

Le Mans has some of the best preserved Roman walls in Europe and in the old town, a magnificent Cathedral.

Animal husbandry dominates agriculture, and the région is a leading producer of milk, beef, pork, and poultry. Dairy farming is particularly important along the région's western fringes in Mayenne and Loire-Atlantique. Soils in the région tend to be acid and heavy, and lime and fertilizers are widely used. Viticulture is concentrated around Saumur and Angers and in Loire-Atlantique to the south of Nantes, where muscadet, a dry white wine, is produced. Cereals (wheat, corn [maize], and barley) are increasingly cultivated, especially in the eastern part of the région, often for use as animal feed.

**Rillettes**, synonymous with Le Mans. A pâté-like pork starter served on hunks of crusty bread, it is rich, delicious and fatty.

**Loué Poultry** includes white, yellow and black free-range chickens, white and yellow free-range capons, guinea fowl, turkeys, geese, white and yellow spring chickens, ducklings, and Loué eggs.

**Jasnières** is a dry, fruity, white wine famed for its finesse and elegance, Jasnières goes well with white meat, poultry, fish and seafood.

**Sablé** is a biscuit characterized by its sandy (*sablé*) texture, which is a result of large quantities of butter and egg yolks used to make them. Often flavoured with lemon or orange zest, almonds, green peppers, or cheese.

**Chaussons aux Pommes** are traditional apple turnovers made with apples, flour, sugar, cinnamon, puff pastry, and beaten eggs. The apples are chopped, combined with flour, sugar, cinnamon, and water, then mixed.

**Marmite Sarthoise** is made with Loué chicken, ham, rabbit, carrots, Paris mushrooms, turnips, cabbage, veal stock, crème fraîche, and a local white wine Jasnières.

**Chasseur Sauce**, often called *hunter's sauce*, is typically served with beef or chicken dishes. It is made from a demi-glace base with added mushrooms, shallots, white wine, and tomatoes. Ideal with coq au vin.

**Beurre blanc** is made from butter, white wine, shallots, and white wine vinegar. It has a slightly sweet, tangy flavour that goes especially well with poached fish, shellfish, and asparagus.

**Rillauds** consists of pieces of pork belly that are placed into a salty, herby brine to soak before they're cooked in lard and served warm or cold. Serve the dish with a fresh green salad on the side, or in fouée bread.

## **Marmite Sarthoise**

Preparation Time; 15 mins, Cooking Time; 35mins, Serves 6

### **Ingredients**

120g sliced mushrooms

180g carrot

200g potato

250ml veal stock (meat broth)

250ml dry white wine

Oil

Pepper

Salt

200g chicken breast

160g rabbit

80g of ham

200g green cabbage

100g turnip 10ml

cream

### **Method**

Cut in advance into julienne the chicken, rabbit, ham, cabbage and the potatoes

Salt the vegetables and steam them for 10 minutes.

Flour the chicken and rabbit pieces, and brown them in a little hot oil

.Add the mushrooms and ham

Deglaze with a little *jasnières* and let reduce to  $\frac{3}{4}$

Add the veal stock then the fresh cream and boil for 1 minute and season.

Coat everything well with the broth.

Add the vegetables and simmer for 10 minutes so that the vegetables take on the taste of the meat

# **Chaussons aux Pommes**

Makes 6 to 8 Turnovers

## **Ingredients**

### **Recipe 1 - Inverted Puff Pastry**

300g flour

150g water

5 to 7g of fine salt

300 g butter

100g flour

### **Recipe 2 - Puff Pastry**

300g flour

7 g fine salt

160g water

230 g butter

100g of flour

### **Apple Sauce: (Recipe 1)**

6 apples (reinettes, royal gala, canada...)

50g butter

50g caster sugar

Liquid vanilla

### **Apple Sauce: (Recipe 2)**

6 golden apples

150 g light brown sugar

1 vanilla pod

2g ground cinnamon (optional)

### **Glazing:**

1 egg yolk

1 tablespoon of water

### **Finish: (optional)**

5 cl cane sugar syrup

## **Method**

### **Recipe 1 - Inverted Puff Pastry**

#### **To be made the day before**

Start by preparing all the ingredients.

Arrange the flour in a pyramid in a stand mixer bowl.

*If you do not have a beater, this work can also be done by hand.*

*In this case, place the flour in a pyramid on the work surface.*

Add fine salt

Then very cold water.

Knead at minimum speed with the hook long enough to mix the flour with the water, Increase the speed of the mixer until a is obtained.

*If you do the work by hand, mix with your fingertips.*

*Gradually add the flour to obtain a smooth ball of dough.*

Remove the dough from the mixer bowl...

Wrap it in cling film.

Leave to cool for at least 30 minutes.

This can also be made the day before and rest in the fridge all night.

### **Preparation of the Tourage Butter**

Arrange the flour in a pyramid.

Add the butter or tempered tourage butter cut into pieces.

Mix with your fingertips until a homogeneous mixture is obtained.

Shape this butter into a rectangle 1 cm thick.

Wrap it in cling film and leave to cool for at least 30 minutes.

### **Tourage**

Place the tourage butter on a floured work surface.

Roll it out all the way with a rolling pin.

Place the tempera, previously flattened and shaped into a rectangle, on the butter, edge to edge (the length of the tempera should be half the length of the butter and they should be the same width).

Fold the top part of the butter over the tempera

Then fold the lower part of the butter on the tempera.

The goal is to wrap the tempera in butter.

Roll out the dough lengthwise to about 1cm thick.

### **First Folding**

Fold the upper quarter of the strip of dough down.

Remove excess flour with a flour brush or pastry brush. *(This must be done on each handling of the dough to prevent excess flour in the dough)*

Fold the bottom quarter of the strip up.

Make sure the ends don't meet.

You have to leave the gap of about 2 centimeters between the ends.

Finally, fold the dough in half.

You have just performed a double fold. This folding is called a "wallet folding".

Wrap the dough in cling film and let it rest in the fridge for at least 30 minutes.

Place the dough on a floured work surface, pleats on the sides

### **Second Folding**

Roll out the dough lengthwise to 1 cm thick.

Fold the top quarter of the strip of dough down.

Fold the bottom quarter of the strip up.

Make sure the edges are about 2 centimeters apart.

Finally, fold the dough in half.

You have just completed the second double fold.

This recipe is made up of a total of two double folds and one single fold.

Wrap the dough in cling film and let it rest in the fridge for at least 30 minutes.

### **The Simple Trick**

Arrange the dough on the floured work surface, pleats on the sides

Roll out the dough lengthwise to 1cm thick.

Fold a third of the strip of dough down...

Then fold the remaining third of the strip of dough upwards.

The 3 layers should overlap.

Wrap the dough in cling film and let it rest in the fridge for at least 30 minutes.

Your inverted puff pastry is complete.

The cooler it sits before use, the better.

### **Apple Sauce**

Prepare all the ingredients.

Peel the apples with a peeler.

Remove the core with the tip of the knife or an apple corer.

Do this with all the apples.

Cut the apple halves into small pieces...

Place them in a saucepan with the butter cut into pieces.

Add a dash of liquid vanilla and powdered sugar.

Cook over medium heat, stirring regularly until the apples become pureed.

Allow about 25 to 30 minutes of cooking over moderate heat.

Once the compote is cooked remove the it to a container and leave to cool.

### **Assembling the Turnovers**

Roll out the inverted puff pastry.

Cut out oval shapes with the apple turnover cutter or with a cookie cutter .

Brush the glazing made of an egg yolk beaten with a tablespoon of warm water, around the edge of the dough using a brush

Place the apple sauce in the center of the dough.

Fold the slipper in half, making sure to match and stick the edges together.

Arrange the turnovers on a baking sheet covered with a silicone baking mat.

Brown the total surface

Scrape the surface of the slippers with a knife blade.

Bake in a preheated convection oven at 180°C (fan 160C) for 30 minutes.

When the turnovers are golden brown and cooked (check the cooking of the underside)

Remove the tray from the oven.

Apply a thin layer of cane sugar syrup to the surface of the turnovers with a brush.

Return the baking sheet to the hot oven for 1 minute.

Take out of the oven and let cool down.