



74 Haute-Savoie is part of the historical province of Savoy. It shares with the southern département of Savoie the same history and culture. Today it is part of a much larger region: Auvergne-Rhône-Alpes. Most of Haute-Savoie is situated in the French Alps and borders Switzerland and Italy.

The region extends from Lake Geneva in the north to the Bauges Mountains to the South, and from the Jura Mountains to the west to the Mont-Blanc massif to the east.

The Département includes two of the three great lakes of Savoie, Lake Geneva (shared with Switzerland, also known as Lac Léman) and Lake Annecy. The whole region is found within the watershed of the Rhône. Haute-Savoie has some of the world's most renowned ski resorts, Chamonix, Morzine-Avoriaz, Megève and La Clusaz.

Agriculture is diversified, with a number of regional specialisations. 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 in Loire and sheep in Ardèche. In Voiron near Grenoble, Carthusian monks of the Grande Chartreuse monastery distil liqueurs.

Savoyard Cooking. The typical food from Chamonix Mont-Blanc, is based on a staple diet of cheese and potatoes. Produced locally in summer and easy to store during the long winter months, and with a high calorific value, they make for a good human fuel source. With a little ingenuity, the Savoyards make them taste good too.

Savoy Cake is a particularly light dessert with no added fat, perfect for children. It only contains eggs, sugar, flour, lemon zest and potato flour. It is often enjoyed at the end of a meal because of its lightness.

Saint Nicolas de Bourgueil are dark wines that turn into garnet as they age. The aroma is of ripe red fruits, with hints of pepper and licqorice. With age, it can attain more complex, spicier notes. These wines are tannic and lively in their youth, but they tend to soften and mellow with age.

Savoyarde Fondue

Ingredients

1 glass of Savoie white wine per person

200gr of cheese per person (half emmental, half beaufort)

1 clove of garlic

1 teaspoon of potato flour

1 glass of Kirsch liqueur

pepper,

nutmeg

Method

Cut the cheese into strips. Mix the potato flour into the kirsch.

Rub the inside of the caquelon (special fondue saucepan) with the peeled garlic clove.

Heat the wine: as soon as it starts to bubble add the cut cheese, stirring all the time with a wooden spoon.

Add pepper.

When the cheese has all melted, add the potato flour and kirsch mixture, mixing all the time.

Your fondue is now ready.

Put your piece of bread on the end of a long fork and dip it in.

Don't forget to stir all the time.

If anyone loses their bread in the fondue then traditionally they must buy a bottle of wine.

Raclette

Ingredients

200gr of raclette cheese per person

Potatoes (small or new)

Small pickled gherkins, and cocktail onions

A selection of ham and dried meats

Method

Boil the potatoes with their skins on.

Let the cheese melt in front of the heat source, then scrape it off and pour it over the potatoes.

Eat with accompanying pickles and meats.

For this a special raclette grill is needed.

These come in numerous shapes and sizes, from large ones that cook half a round cheese, to small ones that cook just the pre-cut slices.

La Tartiflette

Serves 4 people

Ingredients

1 reblochon (cheese)
1 kg of potatoes
3 onions
250gr bacon bits
Salt and pepper
Butter

Method

Melt the butter in a frying pan and fry the bacon bits, add the onions, chopped finely, fry with the potatoes. When the potatoes are nearly cooked, put them in a low oven proof dish with the bacon bits and onions then cover with the grated reblochon.

Cook this in a very hot oven, until the cheese has melted and browned.

Serve with a green salad and a little Savoie dry white wine

La Tarte aux Myrtilles

Ingredients

500gr of flour
100gr of butter
125ml of water
Pinch of salt
Bilberries

Method

Make a hole in the centre of the flour and pour in the water.

Add the salt and butter.

Mix the pastry with your fingers, then your palms, roll it out and place in a flan dish, pricking it with a fork.

Cook the pastry until golden about 20 minutes.

Lay the pre-poached bilberries on the pastry, a bit of jelly can be added to give it a shine.