



77 Seine-et-Marne is one of the eight departments of the Paris Ile de France region. Seine et Marne is one of the most renowned departments in the region, probably thanks to its assets, from historical heritage to tourism infrastructures. The administrative centre of the department is Melun.

Seine et Marne is located east of Paris Ile de France and shares borders with Picardy, Champagne Ardenne, Burgundy and Centre region. Through the department run two rivers, the Seine and the Marne. Owing to its large area, Seine et Marne is a rich department which includes as much rural areas as Paris suburbs. It is the largest department in the region as regards agriculture, as 60% of its territory is covered by crops, mainly wheat and sugar beets. Thanks to its location close by Paris and next to the Roissy Charles de Gaulle airport, the economy of Seine et Marne also relies on transportation and logistics. Seine et Marne is under strong urban pressure due to the spread of the Paris conurbation and its suburbs, with arable land disappearing in favour of new towns, particularly to the west of the department. The department is characterized by its specialization in field crops. Cereals cover 69% of the arable land, with oilseeds, protein crops and beets utilising the rest. Cereal production is characterized by milling and brewing quality products.

Alongside its arable crops coexist market gardening, horticulture and arboriculture. Dairy farms in the department produce milk mainly used in the production of Brie de Meaux and Brie de Melun.

Brie de Meaux is a soft flat cheese with a delicate rind covered in white mould. It is important to let the Brie reach room temperature in order to fully appreciate its range of flavours - mouldy, mushroomy, nutty, and fruity.

Fougerus is made with raw cow's milk and has a bloomy rind which hides a soft and creamy texture. After four weeks, when fully ripe, the texture should be runny and smooth. It has a woody, mushroomy, and earthy aroma, while the flavours are sweet and salty with notes of cabbage and cauliflower. Pair it with Prosecco or Champagne.

Crécy-la-Chapelle and Crécy-en-Ponthieu are widely known for their carrots and, interestingly, any French recipe bearing the name Crécy is made with carrots. It is usually thickened with rice, flavoured with fresh herbs like chervil, mint, chives, or parsley, and typically served garnished with croutons. **Niflette** is a puff pastry made with puff pastry and pastry cream consisting of egg yolks, flour, milk, sugar, and sometimes orange blossom water.

Sucre d'Orge, barley sugar from Moret-sur-Loins, is made by boiling sugar and barley-water to a shade of dark traffic-light amber in copper pans. Sucked, it has a honey-like taste, not cloying nor overly sweet.

Tarte Fine aux Rougets (spiced red mullet tart)

Déclinaison de Pigeon (stuffed pigeon legs, breast and a pigeon tartare)

Tagine of Pigeon and Zucchini

Preparation Time; 15mins, Cooking Time; 1hr, Serves 2

Ingredients

1 tsp ground coriander

Cloves

3 to 4 mint leaves

10 cl of white wine

1 tbsp tagine spices

1 tbsp raisins

1 round zucchini

1 onion

4 to 5 fresh garlic cloves

2 pigeons

Method

Preheat the oven to 150C

Soak a handful of raisins in a bowl of lukewarm water with a bag of mint tea

Prepare the olive oil and tajine spices and coat the pigeons.

Brown them in a sauté pan with a little olive oil.

Reserve them and brown the chopped onion in the sauté pan.

Moisten with white wine.

Cut the zucchini into 8 wedges and deseed them.

Place the zucchini quarters in the tagine, drain the raisins.

Place the pigeons on top with the sliced onions and juices, ground coriander seeds, 2 cloves and mint leaves.

Cover the tagine and bake it as close as possible to the floor of the oven for 1