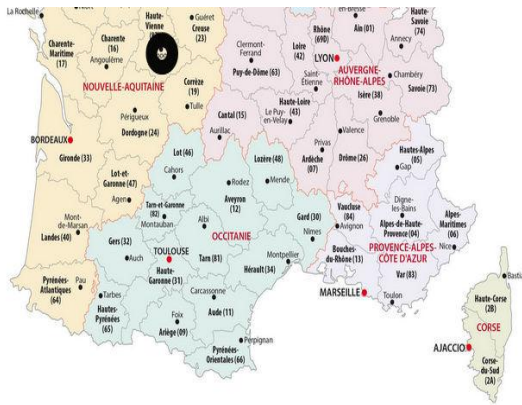


87 Haute-Vienne



87 Haute-Vienne belongs to the Massif Central. In the south the Plateau de Millevaches separates the basin of the Loire and Garonne rivers. Farther north are the Blond Mountains, which rise above the Limoges Plateau and the Ambazac Mountains. Important rivers include the Creuse, Dordogne, Corrèze, Vienne, Gartempe, Maulde, and Taurion. Winters are harsh in the higher elevations, but summers are for the most part pleasant and warm.

Annual precipitation is high, ranging from 750 to 1,200 mm.

Agriculture is dominated by cattle raising. Over one-third of the region is given over to permanent pasture. Even the cultivation of cereals or root crops is intended frequently to provide animal feed. In the northern part of Haute-Vienne, sheep raising is common. Afforestation is widespread and increasing, which has stimulated the timber and timber-related industries.

Pâté de Pommes de Terre consists of brioche or puff pastry, to which pork, potatoes, garlic, shallots, parsley, pepper and cream are added. It is served with a green salad. Traditionally served with cider or red wine

Limousin Beef production is now the leading agricultural activity in the region. Widely acclaimed for its adaptability, ruggedness, fertility, calving and the quality of its meat.

Limousin Mutton and Lamb are fattened for a few months before being consumed for weddings, funerals and other special occasions. Today lamb is a large industry

Limousin Pork The cul noir (or black bottomed) pig are raised around St. Yrieix-la-Perche. Traditionally fed potatoes, chestnuts, acorns and roots.

Hunting and Fishing The fishing provides trout, carp, perch and crayfish amongst others, with the hunters bagging wild boar, deer, hares and pheasants.

Strawberries, Blueberries and Apples The area around Beaulieu-sur-Dordogne, is famous for the guariguettes strawberry The wild blueberry grown in the massive Monédières have gradually been replaced by an American variety, more juicy and sweet. Acid soils rich in humus enable easy cultivation in the areas woodlands.

The Limousin Apples are generally hardy

Massepains: small oval biscuits made from marzipan

Pelauds: small biscuits made with ground almonds, hazelnuts and chocolate

Macaroons from Dorat,

Canoles: a delicious twisted shortbread made of two interlaced doughs,

Châlus crackers,

Eymoutiers cènes sold on Palm Sunday,

Vacherie Limousine, a sweet in the shape of a cow made from dark, milk or white chocolate filled with praline and raspberries,

Burgou: a sweet chestnut

Diamant: a small, saffron-flavoured shortbread.

Cornue is a brioche in the form of a Y that's eaten on Palm Sunday.

Flognarde The most popular is cherry clafoutis but is called a flognarde when made with other fruit

Jams can be made from locally grown pears, plums, raspberries, strawberries, blackcurrants, bilberries and gooseberries and are used in numerous preparations that delight gourmets.

A Haute-Vienne Dinner

Entree

Limousin Apples and Foie Gras Marble

Serves 4

Ingredients

4 Limousin apples

250 ml of sweet white wine, Sauternes, Bergerac, Jurançon

4 sheets of gelatine

juice of a quarter of an untreated lemon

180 g of goose or duck foie gras semi-cooked or a block

freshly ground salt and peppe

Method

Place the semi-cooked foie gras in the freezer for 30 minutes-it will be easier to cut.

In an enamel or stainless steel saucepan warm the wine, add a small amount of salt and pepper.

Meanwhile, soak gelatin in cold water and lemon juice then add to wine to dissolve.

Peel, de-pip and finely slice the apples, add to the pan, bring to a boil, remove from the heat, cover and let steep for 30 minutes.

Line a terrine with a layer of apple jelly, then pieces of foie gras.

Repeat until nothing is left ending with a layer of apple jelly.

Press down with a fork and store overnight in a refrigerator.

Serve with a walnut vinaigrette and chopped Périgord walnuts.

Main Course

Leg of Lamb Casserole

Serves 4

Ingredients:

1 Chump of leg of lamb (approx. 1.4 kg)

1 bulb of pink garlic

1 onion, coarsely diced

1 carrot, cut into quarters along their length

2 barder strips of grease 2 mm thick

100ml vin blanc sec

250ml veal stock

1 sprig of thyme and bay leaf

2 tablespoons olive oil

You can also add 2 tomatoes cut into quarters.

Method

Tie the leg roughly.

Salt and pepper both sides.

Heat the oil in a casserole.

With the heat on high, lay the meat round side down.

Leave to colour for 5 minutes.

Drizzle with oil.

Put the meat on a plate.

Place the vegetables (garlic, onion, carrots and tomatoes), salt and fat in the casserole then mix for 1 minute.

Add the wine and let evaporate for a short time over high heat.

Place the lamb (rounded side up) on top of the vegetables.

Add the veal stock, thyme and bay leaf.

Cover, place in the oven for 5 to 7 hours at 150C (gas 3).

Check occasionally and brush with a spoon.

DessertClafoutis with cherries

Serves 4

Ingredients

600 gm whole cherries

2 large eggs

120g sugar

100g of flour

300ml high fat milk

1 sachet of vanilla sugar

salt

25g butter

Method

Preheat the oven to 180 °.

In a bowl, combine the flour, sugar, sachet of vanilla sugar and salt.

Make a well, add the beaten eggs then gradually add the milk mixture until the mixture is smooth.

Butter a pie pan and in accordance with all the cherries.

Cover with the dough and put in the oven for 40 min.

While the clafoutis is still warm, powder with sugar or vanilla sugar.

Leave to cool a little.