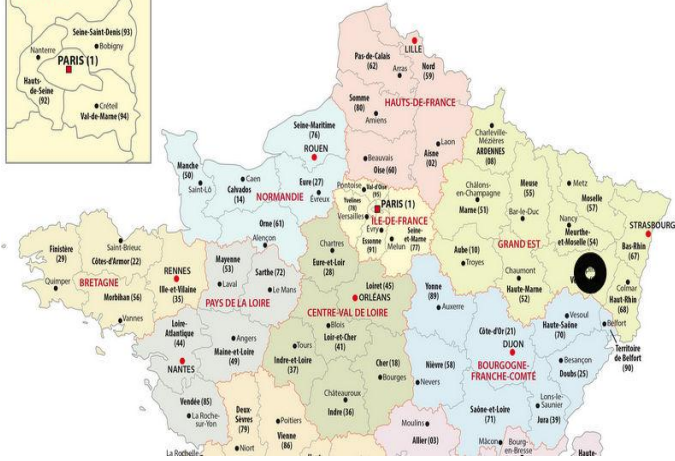


# 88 Vosges



**88 Vosges** is named after the Vosges mountain range, separating the Lorraine region from Alsace and Franche-Comté.

It borders the departments of Meurthe-et-Moselle, Bas-Rhin, Haut-Rhin, Territoire de Belfort, Haute-Saône, Haute-Marne, and Meuse.

The Vosges department is well known for its rugged landscapes, thermal springs and mineral water. It is where the world-famous waters of Vittel come from.

The Vosges department is also famous for Joan of Arc, who was born in the tiny village of Domrémy, now called Domrémy-la-Pucelle, after Joan of Arc's nickname **la pucelle d'Orléans** (the maid of Orléans). Much of Lorraine is forested and hilly. The Vosges Mountains rise along the region's historic border with Alsace on the east, giving way to the hilly Lorraine Plateau to the west.

The Meuse River traverses the region from south-southwest to north-northwest. Other important rivers include the Meurthe, Moselle, and Saône. The Aisne River gathers its headwaters north of Bar-le-Duc and is fed by the Aire River, which flows below the eastern escarpment of the Argonne hills.

A continental climate prevails, with warm summers and winters that are cold and severe, especially at the higher elevations.

Agriculture is dominated by beef and dairy cattle raising. Cereals are also cultivated (particularly wheat and barley), and rapeseed has become an increasingly important crop. Viticulture is largely limited to the area around Toul.

**Madeleines** are slightly browned and crispy on the outside while remaining soft and tender on the inside. They have many flavours, such as chocolate, vanilla, rose, honey, lavender, and orange while classic madeleines are flavoured with almonds or lemon and served with a dusting of powdered sugar.

**Quiche Lorraine** consists of a shortcrust base that is filled with bacon, eggs, cream, nutmeg, salt and pepper. It is usually served as an appetizer, with a green salad on the side and consumed either at room temperature or warm,

**Pâté Lorrain** consists of marinated meat wrapped in puff pastry. Traditionally, the meat should be a mixture of pork and veal, although rabbit or chicken are often used. The meat is sliced and marinated in a mixture of wine, thyme, parsley, bay leaves, marjoram, oregano, rosemary, chervil, tarragon, lovage, savoury, sage, bay leaf, fennel, and shallots and enclosed in puff pastry. Serve this warm or chilled, with salad on the side.

**Tourte Lorraine** is similar to pâté Lorrain but with cream and egg custard added to the filling of Tourte Lorraine. Best enjoyed warm with a side of green salad and paired with a chilled glass of wine.

**Tête de veau** consists of a calf's head, boiled until tender. The tongue and brain are also boiled separately with spices and all served together in thick slices potatoes and carrots, and a drizzling of ravigote sauce.

**Tarte aux Mirabelles** is made with shortcrust pastry or pâte brisée and juicy mirabelle plums on a bed of pastry, cream or creamy custards. Before baking, the tart is sprinkled with powdered sugar or mirabelle brandy and caramelized under a grill.

**Potée Lorraine** combines meat, potatoes, and vegetables. Traditionally, pork shoulder or pork knuckles are used cooked whole, then cut from the bone. The meat is cooked until tender when cabbage, carrots, turnips, and leeks and sausage are added.

**Macarons de Nancy** are usually served warm

**Glace Plombiers** is an ice cream with candied fruit that is ideally macerated in high-quality **kirsch**,

**Brioche Tressée de Metz** is a sweet bread prepared with buttery brioche dough shaped in a large, twisted braid.

## **Tourte Lorraine**

Preparation Time; 30mins, Cooking Time; 1hour, Serves 6

### **Ingredients**

2 rolls of ready - made puff pastry

300g lean pork

300g lean veal

2 egg yolks + 1 whole egg

30 cl heavy cream

salt , pepper

nutmeg

### **For the pickle:**

50 cl very dry white wine

two shallots , minced

thyme and bay leaf

pepper

### **Method**

Prepare the marinade in a salad bowl with all the ingredients.

Incorporate the meat cut into small 2 cm cubes, pepper (do not salt).

Cover with cling film and refrigerate for at least 24 hours.

Preheat the oven to 180°C (fan160C) gas mark 6.

Roll out first roll of puff pastry and cut in a circle to fit your baking tray

Line the mould with the circular puff pastry.

Add the drained and salted meat after removing the shallots, taking care to pack it well in the bottom.

Cut the second circle of dough so that it is smaller than the first.

Place it on top and fold the edges, sealing them with water.

Cut a small round of 3 cm in the centre of the pie, reinforce it with a piece of pastry glued with water.

Beat the whole egg and brush the surface of the pie with it.

Place a rolled baking paper in the central hole (chimney).

Leave to cook in the oven for 40 minutes.

Meanwhile, prepare the "migaine" (typical Lorraine term), that is to say, beat the egg yolks with the cream, salt, pepper and add a pinch of nutmeg.

### **To finish**

Remove the pie from the oven and pour the "migaine" into the pie through the chimney.

Rock the dish well in all directions so that it is evenly distributed.

Put back in the oven at 150°C (fan130C) (thermostat 5) for 20 minutes.

### **Glace Plombières**

The Plombières ice cream is a vanilla egg ice cream with candied fruit macerated in Kirsh, a cherry alcohol.

For 3/4 litre of ice cream (7 to 9 scoops)

### **Ingredients**

30 cl of whole milk

20 cl of liquid cream

75 g of sugar

4 egg yolks

1 vanilla pod

kirsh

130 g of candied fruit (choose the mixture of candied fruit that inspires you the most!)

### **Method**

Coarsely chop the candied fruit with a large knife to obtain small cubes.

Put them in a bowl and cover with kirsh.

Film and reserve in the refrigerator.

Put the milk and cream in a saucepan.

Cut the vanilla pod in half lengthwise.

Scrape the seeds with the tip of a knife and put everything (pod + seeds) in the pan.

Heat gently and turn off the heat as soon as it starts boiling.

Leave to infuse for fifteen minutes.

Meanwhile, put the egg yolks and sugar in a bowl.

Whisk until the mixture turns white and frothy.

While straining to remove the vanilla pod, pour the milk/cream mixture over the whipped yolks.

Mix well with the whisk.

Return the mixture to the saucepan and heat slowly, while stirring, so that the mixture thickens slightly. It must coat the spoon.

Put everything back in the bowl and let cool.

Reserve overnight in the refrigerator.

Put the preparation to churn in an ice cream maker.

Drain the candied fruit.

Add them to the ice cream maker when the ice starts to set