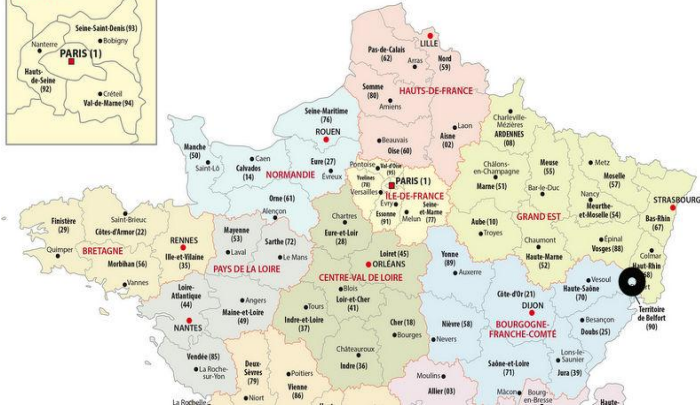


Territoire de Belfort



90 Territoire de Belfort is located in east France and has a common border with Switzerland and is very close of Germany. It belongs to Franche Comté and its prefecture is Belfort.

The landscapes were shaped by diverse geographical and historical influences. To the south and the Jura mountains chalky plateaux are to be found with plenty of lakes and rivers.

To the north are the Vosges Massif preceded by sandstone hills. It has a strong industrial tradition.

Croûte aux Champignons is a mushroom recipe that reveals all the flavour of an ingredient that can take so many forms. As well as mushrooms, it generally consists of shallots, butter, flour, white wine, raw crème fraiche, pepper and salt.

Ballon Shoulder of Lamb is boned and stuffed with blueberries, then oven-baked. It's a festive dish that is found on the menus of the greatest restaurants in Belfort. It is greatly appreciated for its originality and sweet and savoury flavour.

Galette Comtoise is an interesting variation on the famous frangipane king cake. This one typically consists of choux pastry flavoured with orange blossom.

Salad Comtoise is traditionally made of green salad, smoked ham or lardons, Montbéliard or Morteau sausage, fried potatoes, comté, tomatoes, walnuts, shredded red cabbage, croutons and vinaigrette! Always served with a glass of Jura wine.

Belflore is a delicious cake comprising a bed of raspberries topped with almond meringue, sprinkled with hazelnuts and enjoyed with a glass of champagne or a cup of coffee.

Croustes aux Champignons

Ready in 25mins, Serves: 4

Ingredients

- 60 ml onion, chopped
- 30 ml butter
- 450 g wild mushroom, sliced (chanterelles, ceps, or whatever you like)
- salt
- pepper
- 200 ml dry white wine
- 125 g cream
- 4 slices bread, a hearty country bread is best
- 60 ml grated parmesan cheese

Method

- Preheat grill.
- Melt the butter in a large skillet.
- Add the onion, and cook until softened, but not brown.
- Add the mushrooms, season with salt and pepper to taste.
- Cover and cook over medium heat until the juices start to run.
- Uncover, and cook until the liquid evaporates.
- Add the wine, reduce by half. Add the cream, stir, and let simmer a few minutes, until thickened.
- Toast the bread, and place on a baking sheet.

Top with the mushroom mixture and grated cheese.
Place the toasts under the grill just until the top starts to brown.
Serve immediately.

Galette Comtoise

Made from choux pastry flavoured with orange blossom, it has a pretty soufflé flan texture. Hurry up and taste it, I'm sure it will please the whole family! If like me, you are a real gourmand, why not try the [Bounty Coconut Chocolate Galette des Rois Recipe](#) or the [Quick Almond Lemon Galette des Rois Recipe](#)
Preparation time; 20 mins, Cooking time; 30 mins, Serves 6 persons

Ingredients

250 ml of milk
140 g of flour
4 eggs
70 g of sugar
70g butter
3 tbsp. tablespoons of orange blossom water or rum

Method

In a saucepan, pour the milk, butter and sugar
Bring the mixture to a boil until the butter is completely melted
Pour in the flour all at once and whisk vigorously off the heat
The choux pastry is formed by quickly stirring the preparation
While stirring with a spatula, return the mixture to the heat for 2 minutes
Mix continuously so that the dough does not stick.
Remove from the heat, add the orange blossom and the eggs one after the other, mixing between each egg.
Pour the choux pastry into a baking mold previously buttered with a sheet of baking paper
In a small bowl, pour an egg yolk with a pinch of salt, whisk with a fork
Dip the fork in the egg then make stripes on the cake
Using a brush, brown the choux pastry with the remaining egg yolk.
Bake at 180° for 30 minutes
Let cool before unmolding
Invert the pancake onto a rack to unmold it, then onto a plate to serve
For decoration, place 2 strips of baking paper on the cake and with a tea ball and icing sugar, make a decorative strip.