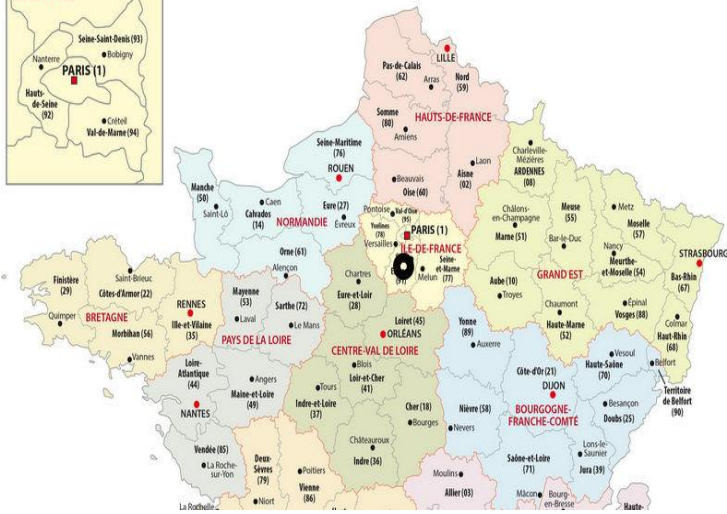


91 Essonne



91 Essonne is a department in the region of Ile-de-France, named after the Essonne River.

Situated to the south of Paris, this is an attractive amalgam of an urban, dynamic north with a green and tranquil south with its well-preserved, traditional small towns such as Morigny-Champigny, Méréville, Étampes, Dourdan, Evry, Sainte-Genevieve-des-Bois, Corbeil-Essonnes and more rural Vigneux-sur-Seine.

With its 45000 ha of woodlands, Essonne is an important source of wood. The main agricultural crops produced in Essonne include cereals, oilseeds, beets, protein crops and potatoes.

Cereals are the most cultivated food in Essonne and represent 67% of all agricultural production. Oilseed rape crops are second to cereals.

Essonne is the leading producer of watercress in France and has the last artisanal producer of peppermint in Milly-la-Forêt.

Saffron from Gâtinais, oils, flours, artisanal pasta, vegetable terrines are also part of the local fabrications.

There are also many poultry farmers (chickens, geese, turkeys, rabbits), pig farmers and lamb farms.

In addition foie gras is produced in Essonne. Goat and cattle breeders also offer quality dairy products: raw milk, cheese, cheese, butter.

Due to the influence of the Paris conglomeration, as well as the local cuisine there is an abundance of national and international foods.

Menthe de Milly is mainly used to concoct drinks syrups, infusions, liqueurs, fruit juices.

Miel de Gatinais (honey).Delicious on its own or spread on a slice of buttered bread, and is ideal for sweetening tea, blending into yoghurt, baking gingerbread or making sweet-and-sour dishes.

Haricot Chevrier d'Arpajon is a green flageolet representing three quarters of the national production of shelled beans.

Soufflé au Fromage

Cheese soufflé is a classic, but is very complicated to make in regards to technique. The success depends especially on the cooking time and oven temperature. There are also varieties of delicious sweet versions, with lemon or chocolate.

Cooking Time; 20mins, Total Time; 60 mins, serves 6

Ingredients

100 g freshly grated Parmigiano-Reggiano cheese
3 tablespoons unsalted butter
3 tablespoons all-purpose flour
300 ml heavy cream
4 large eggs, separated
3 large egg whites
3 tablespoons dry sherry
200 g Gruyère cheese, shredded (2 packed cups)
2 tablespoons sour cream
1 1/4 teaspoons salt
1 teaspoon Dijon mustard
1/2 teaspoon dry mustard
1/4 teaspoon cayenne pepper
1/4 teaspoon cream of tartar

Method

Preheat the oven to 190C (fan 170C) 375°F.

Butter a 1.5l soufflé dish and coat it with 2 tablespoons of the Parmigiano.

In a medium saucepan, melt the butter.

Stir in the flour to make a paste.

Gradually whisk in the cream and bring to a boil over moderate heat, whisking.

Reduce the heat to low and cook, whisking, until very thick, 3 minutes.

Transfer the base to a large bowl; let cool.

Stir in the egg yolks, sherry, Gruyère, sour cream, salt, Dijon mustard, dry mustard, cayenne and the remaining 50g of Parmigiano.

Put the 7 egg whites in a large stainless steel bowl.

Add the cream of tartar.

Using an electric mixer, beat the whites until firm peaks form.

Fold one-third of the whites into the soufflé base to lighten it, then fold in the remaining whites until no streaks remain.

Scrape the mixture into the prepared dish.

Run your thumb around the inside rim of the dish to wipe away any crumbs.

Bake for about 35 minutes, until the soufflé is golden brown and puffed.

Serve right away.

Suggested Pairing

Fresh, white peach–inflected Pinot Grigio.