

92 Hauts-de-Seine



92 Hauts-de-Seine and two other small départements Seine-Saint-Denis and Val-de-Marne, form a ring around Paris, known as the *Petite Couronne*.

It is a landlocked department in the Île-de-France region of Northern France.

It covers Paris's western inner suburbs. It is bordered by Paris, Seine-Saint-Denis, and Val-de-Marne to the east, Val-d'Oise to the north Yvelines to the west and Essonne to the south..

It is the second most highly densely populated department of France after Paris.

Its prefecture is Nanterre. Hauts-de-Seine is best known for containing the modern office, cinema and shopping complex, La Défense, one of Grand Paris's main economic centres and one of Europe's major business districts.

Hauts-de-Seine is one of the wealthiest departments in France

Being the centre of a large city, there are no traditional products. Therefore all dishes are either national or international.

The Île-de-France, *région* of France encompasses the north-central *départements* of Val-d'Oise, Seine-et-Marne, Seine-Saint-Denis, Ville-de-Paris, Hauts-de-Seine, Val-de-Marne, Essonne, and Yvelines.

Île-de-France is bounded by the *régions* of Hauts-de-France to the north, Grand Est to the east, Bourgogne-Franche-Comté to the southeast, Centre to the south, and Normandy to the northwest.

The capital is Paris.

The *région* lies in the centre of the Paris Basin and consists of limestone plains with a gently rolling relief. The principal rivers are the Seine and its tributaries—the Marne, Oise, and Aisne. Île-de-France is the most densely populated *région* in France. In the century between 1850 and 1950, when most areas of France were losing population, Paris attracted migrants from all over the country, as well as a large number of immigrants.

Île-de-France had a fourfold growth in population between 1850 and 1968. Since the 1960s, natural increase has remained strong, because of the *région*'s youthful population, but now, growth has slowed, largely as a result of migrational loss. There has been an internal

redistribution in the *région* as people have moved from the congestion and expense of the inner districts of the capital to the outer suburbs and adjacent small towns where housing costs are lower and jobs have been relocated or created.

Many of the *communes* belonging to Île-de-France are still classified as rural despite their proximity to Paris.

The *région*'s fertile loams support the cultivation of wheat, corn (maize), barley, sunflowers, rapeseed, legumes, and sugar beets. Fruit, vegetables, and flowers are also grown. In Val-d'Oise between Pontoise and Montmorency, mushrooms are grown on a large scale in limestone caves. Owing to the great urban sprawl of Paris, agriculture is concentrated in the outer areas of Île-de-France, particularly in the *département* of Seine-et-Marne. In general, farm holdings are large, highly mechanized, and produce high yields, yet they employ only a very small percentage of the workforce.

Île-de-France dominates economic activity in France, despite successive attempts to encourage businesses in other parts of the country. The *région* is the country's preeminent decision-making centre, in both the public and private sectors. It remains a major industrial hub, although employment is concentrated overwhelmingly in the service sector. In industry, major activities include printing and publishing; food processing; and the manufacturing of electrical and electronic goods, automobiles, pharmaceuticals, and mechanical products.

Industry is not spread equally throughout. The centre of the *région* has lost most of its industries, and inner suburbs in Seine-Saint-Denis, Val-de-Marne, and Hauts-de-Seine have experienced factory closures. As a result, industry has become concentrated in the outer urban areas and especially in the five new towns developed since the 1960s: Évry, Marne-la-Vallée, Sénart, Cergy-Pontoise, and Saint-Quentin-en-Yvelines.

Office-based employment predominates in the centre and inner suburbs, especially to the west, in the *département* of Hauts-de-Seine. In Essonne, around Saclay and Orsay, many higher education and research facilities have been established, with the *région* accounting for more than 40 percent of France's employment in this field. Île-de-France is renowned for the large number of corporate headquarters located both in Paris and in the business district known as La Défense, just west of Neuilly.

Île-de-France is the focus of France's various communications networks. Apart from its numerous motorways and rail links, it has a series of port zones along the Seine and Marne. Within the *région* the central areas of Paris are served by the Métro (underground railway), while a newer express line (Réseau Express Régional; RER) extends into the Parisian suburbs. There are two international airports, Charles de Gaulle and Orly.

Chicken Supreme with Truffles and Smoked Mashed Potatoes

Preparation Time; 15 minutes, Cooking Time; 15 minutes, Serves 4

Ingredients

4 free-range chicken breasts

500g of potatoes

500ml of chicken broth

2 shallots

250 ml of whipping cream

100 g of butter

1 truffle of 10/13 g

10 cl of truffle juice

Method

Cook the potatoes with the skin in water.

Drain and let them cool

Cut the whole truffle into strips and slip them under the skin of each chicken breast

Season the poultry then sear the breasts on both sides

Peel and mince the shallots, sweat them, deglaze with the truffle juice then pour in the chicken broth and cream

Add the poultry to the cream and the broth mixture.

Cook over a very low heat for 15 minutes

Meanwhile, mash the potato pulp using a fork, adding smoked oil - failing this, use semi-salted butter.

Once the chickens are cooked remove them and keep them warm.

Reduce the cooking juices by half until a silky sauce is obtained.

Dress the mashed potatoes.

Adjust with salt and pepper to taste.

Coat the poultry with the sauce.