

93 Seine-Saint-Denis



93 Seine-Saint-Denis is located north east of Paris and shares borders with Hauts de Seine and Val de Marne. Seine Saint Denis is one of the smallest department in France, the sixth most populated department and the third most densely populated.

Agriculture in Seine Saint Denis was typically urban and suburban with aging farmlands inserted in the centre of an urban fabric.

More homogenous agricultural areas persist in the north-east of the Department, in Plaine de France, Tremblay, on the hills of Aulnoye and in Vaujours and Coubron where main crops and livestock were located. Reputation.

The different varieties of produce were named after their region of production such as Cabbages of Plaine des Vertus, the very long leeks of Plaine des Vertus, the red and black beetroot of Plaine des Vertus, the medium-sized turnip of Plaine des Vertus or the Plaine des Vertus.

Its location gives the territory the name “Bread Basket” of Paris because it supplied the capital and its surroundings with fresh products.

Being part of the conglomeration of Paris the gastronomy of the department naturally reflects the international tastes of the city rather than any traditional cuisine.

The Montreuil Peach is a luxury fruit that's very popular with connoisseurs Harvested from mid-June to mid-October, the Montreuil peach can be eaten on its own when ripe, in pastries or poached and served with meat.

Île Flottante

Total duration: 15min, Serves 4

Ingredients

- 50 cl Alpro almond milk without sugar
- 110 g white sugar
- 50 g almonds
- 40 g light muscovado sugar
- 4 eggs
- Pepper (optional)

Method

Mix the egg yolks with the muscovado sugar and whisk vigorously.

Heat the almond milk in a saucepan.

Once boiling, pour it gently over the egg yolks while mixing.

Return to the heat and mix with a flat spatula until a smooth texture is obtained.

In a bowl, beat the egg whites with a whisk, gradually adding 60 g of white sugar, then heat for 20 seconds in the microwave.

Make the dry caramel in a pan with the remaining sugar.

Once it turns blonde, add the whole almonds, stir and remove to parchment paper.

When the almonds are cooled, crush them with a knife.

Pour the custard into a bowl, place the floating island, turning it over, add the caramelized almonds and sprinkle with a pinch of pepper.

Duck and Olive Pie

Total Time; 2h, Serves 6

Ingredients

550 g whole pork breast (or 400 g minced breast)

600 g duck breast with skin

3 eggs

500 g shortcrust pastry

20 g butter

5 cl single cream

150 g d black olives

3 level teaspoons of salt

3 pinches of ground pepper

550 g of jelly

Method

Using a knife, remove the skin from the pork belly and any bones, taking care to retain the fat, then chop into small cubes of about 7 mm.

Chop half of the olives into cubes of similar size.

Remove the skin from the duck breast and cut breast into cubes of about 1.5 cm.

Blend the other half of the olives to obtain a texture similar to a velouté.

Place the breast in the bowl of a food processor, add salt, pepper, then mix on slow speed.

Pour 1 egg and the cream into the bowl then mix again until the stuffing becomes homogeneous.

Add the duck to the mixed and chopped olives.

Mix vigorously by hand or in a food processor at low speed for 5 minutes, then place in the fridge.

Beat the remaining 2 eggs in a bowl and place in the fridge.

Roll out the dough to 3 mm, cut it and line a mould.

Add the contents of the bowl, close the pie then make 1 or 2 round holes in the lid.

Place the mould in the cold oven. Heat at 180°C (fan 160C) for 1 hour 10 minutes, or probe with a thermometer and remove the pie from the oven when the core temperature reaches 64°C.

Leave to rest for 30 minutes at room temperature then overnight in the refrigerator.

The next day, pour the jelly and refrigerate for at least 1 hour before serving.