





CONTENTS

Introduction	6
Northern France	8
<p>The fishing ports, apple orchards and dairy farms of Brittany and Normandy offer up some heart-warming classics, while Lorraine's much-loved baked goods date from centuries ago. In Paris, the classic bistro cuisine includes some of the country's most iconic dishes.</p>	
Central France	90
<p>Discover the heart of France, where some of the country's most rewarding gastronomic experiences are found among the vineyards of Burgundy, where wine is the most essential ingredient. Meanwhile, the River Loire offers a bounty of dishes, from creamy desserts to easy-to-bake cakes.</p>	
Southwest France	164
<p>From the walnut groves of the Dordogne valley to the spicy menus of France's Basque country, the southwest offers an enormous variety of produce, including the region's famed poultry, used in classic stews and delicious roasts.</p>	
Southeast France	218
<p>The sun-ripened vegetables of Provence combine to create some of the Mediterranean's most vibrant dishes, while the hearty cuisine of the mountains soothes the soul. In France's gastronomic capital Lyon, the menus tell stories of days gone by.</p>	
Recipe sources	284
Index	286
Acknowledgements	288





INTRODUCTION

No other nation's cuisine has given as much to the world as France. It's a country where food is the very glue that binds society together, where restaurants were invented and where the term 'cuisine' was first coined. Served the world over, French food conjures up images of sophisticated bistros in Paris and sun-drenched terraces in Provence, with such iconic dishes as beef bourguignon and lemon tarts bringing people the taste of France wherever they are.

Trace these dishes back to their source and you'll find a treasure trove of stories, told by passionate cooks, chefs and bakers. They'll tell you about the produce grown in their land, the legends that accompany the recipes, and the generations of families who have perfected these recipes over centuries.

We've gathered together 63 recipes that tell those stories, with the help of the people who know them best. The dishes, from simple starters to sophisticated desserts, are drawn from France's wonderfully varied geography, climate and terrain, which results in a bounty of produce from the wild, western tip of Brittany to the golden shores of Provence.

The French term that describes the total of these conditions is *terroir* and, as any chef will tell you, it is as important for raising cattle and

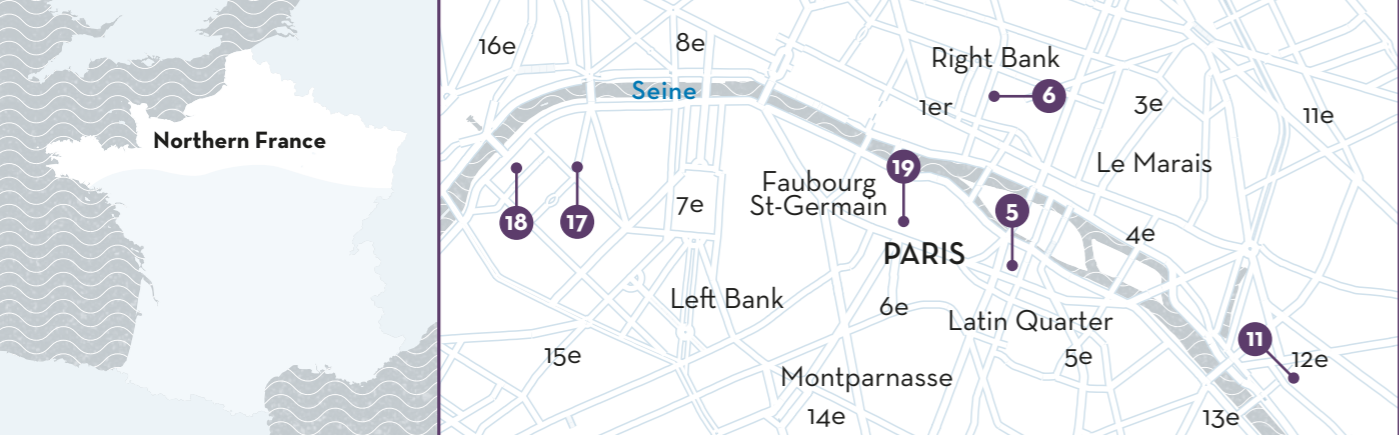
growing vegetables as it is for making wine. Each region's *terroir* dictates its regional culinary identity, which is why, for example, you find dairy-rich dishes in Normandy, wine-infused stews in Burgundy and vibrant vegetables at the heart of Provençal cuisine. Even Michelin-starred chefs, whose reputations may be national or even global, are bound to the *terroir* of their region and use produce that is grown nearby, sometimes just a few steps from the kitchen door, just as it was in homes centuries ago. Although kitchens have modernised and a variety of food has become readily available, many of the best chefs will still use ingredients and techniques that were born in simpler times, because flavours and combinations have been perfected over centuries and still make the mouth water.

Of course, French food is renowned for its sophistication, its elegance and its multiple accolades, including the revered Michelin stars, but what all chefs and cooks will tell you is that good food is what brings people together here, whether it's a family around the dinner table, a group of friends at a restaurant or the chance for neighbours to chat over the *boulangerie* counter and the market stall. Restaurants play a big part in the daily tempo of life here, with families working together to serve their customers, while cooks at guesthouses make their *tables d'hôtes* (hosts' tables) a chance for guests from around the world to share some of French cuisine's most rustic dishes.

These dishes may well lead you on a journey to discover the foods in the places they originate, as well as try them at home. So whether the recipes inspire you to make a simple cake to share with friends over coffee, or an ambitious dish for a dinner party, there is something here to fit every occasion and all are provided by chefs and cooks who are passionate about their food, their ingredients and their region.

Bon appétit!





NORTHERN FRANCE

The fishing ports, apple orchards and dairy farms of Brittany and Normandy offer up some heart-warming classics, while Lorraine's much-loved baked goods date from centuries ago. In Paris, the classic bistro cuisine includes some of France's most iconic dishes.



1

CRÉMEUX DE CHOU-FLEUR, SAINT-JACQUES CARAMÉLISÉES, PIGLENS DE ROSCOFF
Cream of cauliflower soup, with caramelised scallops & pickled Roscoff onions

page 10

2

RILLETTES DE SARDINES
Sardine pâté

page 14

3

CAMEMBERT AU FOUR, FLAMBÉE AU CALVADOS
Baked Camembert, flambéed with Calvados

page 18

4

RAMEQUINES AVEC TROIS FROMAGES NORMANDS
Ramekins with three Normandy cheeses

page 22

5

BAGUETTE
French bread

page 26

6

SOUPE À L'OIGNON GRATINÉE
French onion soup

page 30

7

GALETTES BRETON
Breton pancakes

page 34

8

POULET DE VALLEE DE L'AUGE
Auge Valley chicken

page 38

9

LE SAINT PIERRE AVEC GIROLLES ET ABRICOTS
John Dory with chanterelle mushrooms & apricots

page 42

10

QUICHE LORRAINE
Quiche lorraine

page 46

11

GRATIN DAUPHINOIS
Dauphinois potato gratin

page 50

12

KOUIGN-AMANN
Butter cake

page 54

13

LA TEURGOULE
Rice pudding three ways

page 58

14

TARTELETTE POMME RHUBARBE
Apple & rhubarb tartlet

page 62

15

MACARON À LA FRAISE ET YUZU
Strawberry yuzu macaron

page 66

16

MADELEINES
Madeleine cakes

page 72

17

ÎLE FLOTTANTE
'Floating island'

page 76

18

BABA À L'ARMAGNAC
Brioche-style cake with brandy

page 82

19

CRÈME BRÛLÉE
Crème brûlée

page 86



CRÉMEUX DE CHOU-FLEUR, SAINT-JACQUES, CARAMÉLISÉES, PIGLENS DE ROSCOFF

*Cream of cauliflower soup,
with caramelised scallops
& pickled Roscoff onions*



The stereotypical image of a Frenchman – with a striped jersey, a bicycle and a string of onions – is thanks to the Onion Johnnies of Roscoff who came to England in the early 20th century to sell their delicately flavoured pink onions. Here, they're combined with cauliflower to produce a deliciously warming soup.

Chef //
Loïc le Bail
Location //
Hôtel Brittany, Roscoff

There can be few areas of France more spoiled for choice of ingredients than the northern tip of the Finistère *département* (county) in Brittany: not only is its port town of Roscoff known for the sweet, pink onions made famous by the 'Onion Johnnies', but the area is rich in other produce. In the fields that lie around the pretty harbour town, artichokes, cauliflower and asparagus grow in plentiful supply.

'I call it a big garden,' says Loïc Le Bail, who returned to his native Finistère after several years training with top chefs in Paris. 'There's a strong history of growing vegetables and there is so much here. As well as the fish and the seafood, there are lots of different seaweeds that we use in the kitchen. It wasn't till I came here that I got to know these products. In Paris, there's nothing like that.' Central to his recipe is the cauliflower, 'I use a summer cauliflower, it's smaller and has a subtler flavour,' says Loïc. 'The flavour is stronger in the winter.'

Also in his recipe is the product for which locals hold most pride: the Roscoff onion. It's celebrated throughout the town with a festival every August, there's a *confrérie* (a brotherhood, or guild) devoted to promoting them, and even a small museum dedicated to the Onion Johnnies' history. So what makes them so special? 'When you look at a Roscoff onion,' Loïc says, 'it's handsome, it's nice and round. You feel like biting into it, like you would an apple. You can eat it raw, too, as it's quite sweet.' Despite his passion for the ingredient, Loïc explains it doesn't have to be the central ingredient to his dishes, 'I don't think of it as a vegetable, it's a condiment,' he says. Pickled, the onions provide the *pièce de résistance* to his dish: the sweet, sharp taste cuts through the smooth and welcoming flavours of the soup and, together, it's the perfect recipe to encapsulate this beautiful corner of Brittany.

CRÉMEUX DE CHOU-FLEUR, SAINT-JACQUES CARAMÉLISÉES, PIGLENS DE ROSCOFF

*Cream of cauliflower soup, with caramelised
scallops & pickled Roscoff onions*

Serves 6

**Preparation and cooking time: 45min (not
including soaking time for onions)**

For the pickled onions

3 small Roscoff onions
500ml (17½fl oz) white vinegar

For the soup

1 medium-sized cauliflower
salted water, for boiling cauliflower
40g (1½oz) butter, plus 2 tbsp for frying scallops
1 large onion, finely chopped
tip of a garlic clove (approx 2mm/¼in)
250ml (8¾fl oz) milk
250ml (8¾fl oz) single cream
300ml (10½fl oz) thick cream
salt, to taste
pinch of cayenne pepper
12 scallops
croutons, to serve
chervil (or half flat-leaf parsley / half
tarragon), to serve

Tip

For a midweek meal, the soup can be served without the scallops. Loïc prefers to add a pinch of cayenne pepper, rather than black pepper, as it gives a warmer flavour.

For the pickled onions

1 Peel the Roscoff onions and slice them thinly. Put them in a bowl of white vinegar for two hours, then drain and blot them on absorbent kitchen paper. The vinegar should be pink, having taken the colour from the onions. Set the pickled onions aside to garnish the soup.

For the soup

1 Cut the cauliflower into large florets. Bring a pan of water to the boil, add a sprinkle of salt and the cauliflower florets, and cook for ten minutes. Drain and set aside.

2 Melt the 40g of butter in a casserole dish, add the chopped onion, the garlic and the cauliflower florets.

3 Mix together the milk and single cream, then pour into the casserole dish to just cover the cauliflower. Simmer for 15 minutes then blitz the mixture with a hand blender/liquidiser.

4 Add the thick cream, heat through and add salt and a pinch of cayenne pepper.

5 In a separate pan, fry the scallops in 2 tbsp of butter for one minute on each side.

6 Serve the soup in a dish, placing the scallops, pickled onion slices, croutons and springs of chervil on top.

‘Why onion “Johnnies”? Well, because back then, all the men were called Jean-this, or Jean-that, so the English just started calling them all “Johnny”.’

Loïc Le Bail





SOUTHEAST FRANCE

The sun-drenched vegetables of Provence combine to create some of the Mediterranean's most vibrant dishes, while the hearty cuisine of the mountains soothe the soul. In France's gastronomic capital Lyon, the menus tell stories of days gone by.

- 49**
SALADE LYONNAISE
Lyon salad
page 220

50
SALADE NIÇOISE
Salade niçoise
page 224

51
SOCCA
Chickpea pancake
page 228

52
PISSALADIÈRE
Caramelised onion tart
page 232
- 53**
APERITIF PROVENÇALE
Provençal dips & vegetables
page 236

54
SOUPE AU PISTOU
Pesto soup
page 240

55
QUENELLES DE BROCHET À LA LYONNAISE, SAUCE NANTUA
Pike dumplings & crayfish sauce
page 244

56
RATATOUILLE
Ratatouille
page 250
- 57**
SAUTÉ DE SANGLIER À LA CHÂTAIGNE
Wild boar stew with chestnuts
page 254

58
BOUILLABAISSE
Provençal fish stew
page 258

59
TARTINE DE CAVIAR D'AUBERGINE
Aubergine & hazelnut dip on grilled aubergine
page 264

60
TARTIFLETTE
Reblochon, bacon & potato gratin
page 268
- 61**
FONDUE DE BEAUFORT
Beaufort cheese fondue
page 272

62
TARTE AU CITRON
Lemon tart
page 276

63
CRÊPES SUZETTE
Flambéed crepes with orange butter sauce
page 280

INDEX

A

Anjou cream cheese dessert 145–147
 apple & rhubarb tartlet 63–65
aubergine & hazelnut dip on grilled
 aubergine 265–267
Auge Valley chicken 39–41

B

baguette 27–29
baked Camembert, flambéed
 with Calvados 19–21
Beaufort cheese fondue 273–275
boeuf bourguignon 125–127
bouillabaisse 259–263
bread, cakes and pastries,
see also desserts
 baguette 27–29
 madeleine cakes 73–75
 cheese pastries 109–111
 Nantes cake 153–155
 savoury cheese loaf 113–115
Breton pancakes 35–37
brioche-style cake with brandy
 83–85
butter cake 55–57

C

caramelised onion tart 233–235
cassoulet 195–199
cheese dishes
 baked Camembert, flambéed
 with Calvados 19–21
 Beaufort cheese fondue 273–275
 goat’s cheese mousse 101–103
 ramekins with three Normandy
 cheeses 23–25
 tartiflette 269–271
cheese pastries 109–111
cherry flan 201–203
chicken dishes
 Auge Valley chicken 39–41
 chicken breast stuffed with
 bacon & foie gras 189–193
 cold chicken with Dijon mustard
 129–131

 coq au vin 133–135
 chickpea pancake 229–231
 chocolate mousse cake 213–217
 Cointreau-flavoured soufflé 149–151
 coq au vin 133–135
 cream of cauliflower soup, with
 caramelised scallops & pickled
 Roscoff onions 11–13
 crème brûlée 87–89
 crêpes and pancakes
 Breton pancakes 35–37
 chickpea pancake 229–231
 flambéed crêpes with orange
 butter sauce 281–283

D

Dauphinois potato gratin 51–53
desserts, *see also* bread, cakes
and pastries
 Anjou cream cheese dessert
 145–147
 apple & rhubarb tartlet 63–65
 brioche-style cake with
 brandy 83–85
 butter cake 55–57
 cherry flan 201–203
 chocolate mousse cake 213–217
 Cointreau-flavoured soufflé
 149–151
 crème brûlée 87–89
 fluted rum & vanilla cakes
 209–211
 honey dessert 161–163
 île flottante 77–81
 lemon tart 277–279
 pears in red wine 157–159
 rice pudding three ways 59–61
 strawberry yuzu macaron 67–71
 sweet tart with dried fruit filling
 137–139
 tarte tatin 141–143
 walnut cake 205–207

duck
 filo parcels with vegetable
 terrine 167–169

E

eggs, poached in red wine sauce
 121–123

F

filo parcels of duck & vegetable
 terrine 167–169
fish & seafood
 bouillabaisse 259–263
 John Dory with chanterelle
 mushrooms & apricots 43–45
 moules marinières 181–183
 pike dumplings & crayfish sauce
 245–249
 red mullet with Bordeaux sauce
 177–179
 sardine pâté 15–17
 white fish with white wine butter
 sauce 117–119

flambéed crêpes with orange
 butter sauce 281–283
fluted rum & vanilla cakes 209–211
French onion soup 31–33
frogs’ legs with garlic cream &
 parsley 93–95

G

goat’s cheese mousse 101–103

H

honey dessert 161–163

I

île flottante 77–81

J

John Dory with chanterelle
 mushrooms & apricots 43–45

L

lamb, roasted Quercy with stuffed
 vegetables 171–175
lemon tart 277–279

M

madeleine cakes 73–75
moules marinières 181–183

N

Nantes cakes 153–155

P

pears in red wine 157–159
pesto soup 241–243
pike dumplings & crayfish sauce
 245–249
potato, Dauphinois gratin 51–53
Provençal dips & vegetables
 237–239

Q

quiche lorraine 47–49

R

ramekins with three Normandy
 cheeses 23–25
ratatouille 251–253
red mullet with Bordeaux sauce
 177–179
rice pudding three ways 59–61

S

salads
 salade lyonnaise 221–223
 salade niçoise 225–227
 tomato salad 97–99
sardine pâté 15–17
savoury cheese loaf 113–115
snails with butter & parsley 105–107
soups
 cream of cauliflower, with
 caramelised scallops & pickled
 Roscoff onions 11–13
 French onion 31–33
 pesto 241–243
 tomato, chilled 97–99

stews

 cassoulet 195–199
 veal with Espelette pepper
 185–187
 wild boar with chestnuts
 255–257
strawberry yuzu macaron 67–71
sweet tart with dried fruit filling
 137–139

T

tarte tatin 141–143
tartiflette 269–271
tomato salad & chilled tomato soup
 97–99

V

veal stew with Espelette pepper
 185–187

W

walnut cake 205–207
white fish with white wine butter
 sauce 117–119
wild boar stew with chestnuts
 255–257