

BOU

86 - BOUCHÉE À LA REINE AU HOMARD ET LANGOUSTINES * CRUSTACÉS



Photo Seafood vol-au-vent.

LOBSTER AND LANGOUSTINE
VOL-AU-VENT * SHELLFISH
INGREDIENTS: same as the previous recipe
but the meat is replaced with shellfish.

COT

211 - CÔTE DE BŒUF AU THYM * VIANDE



Photo Grilled rib of beef with whole roast potatoes.

RIB OF BEEF WITH THYME * MEAT
INGREDIENTS AND RECIPE: rib of beef, 8 to
10 cm thick. The meat is rubbed with olive oil
and thyme before cooking under the grill as
desired (rare, medium or well done). Served
hot.

COU

226 - COUPE DE PÊCHES AU VIN ROSÉ * DESSERT - FRUITS



Photo Peaches in rosé wine.

PEACHES IN ROSÉ WINE
* FRUIT DESSERT
INGREDIENTS: peaches, wine, lemon,
ginger, sugar, cinnamon.
RECIPE: the peaches are cooked with all the
ingredients. Served cold.

CUI

265 - CUISSE DE CANARD CONFITE * VOLAILLE



Photo Leg of duck.

PRESERVED LEG OF DUCK * POULTRY
INGREDIENTS: the duck is cooked in pork
lard for 2 hours.
RECIPE: each piece covered with fat is
reheated. Served hot.

FON

367 - FONDANT AU CHOCOLAT * PÂTISSERIE



Photo Chocolate cake.

CHOCOLATE CAKE * PASTRY
INGREDIENTS: cooking chocolate, eggs,
sugar, flour, butter.
RECIPE: the ingredients are mixed and then
baked. Served cold or warm.

LAN

463 - LANGOUSTE GRILLÉE * CRUSTACÉS



Photo Grilled crawfish.

GRILLED CRAWFISH * SHELLFISH
INGREDIENTS AND RECIPE: crawfish, butter.
The crawfish is grilled with butter. Served hot.

POU

683 - POULET DE BRESSE AUX MORILLES * VOLAILLE



Photo Bresse chicken with morel mushrooms.

BRESSE CHICKEN WITH MOREL
MUSHROOMS * POULTRY
INGREDIENTS: jointed chicken, morels,
butter, oil, cream, Arbois yellow wine.
RECIPE: the chicken is browned in butter and
cooked for 30'. The wine, morels and cream
are added and cooked for 15'. Served hot.

BLE

909 - BLEU D'AUVERGNE



Photo Bleu d'Auvergne.

BLEU D'AUVERGNE
A damp, fatty rind, with a slightly bitterish
taste, made from Auvergne cow's milk, mixed
with penicillium, at the origin of the blue
vein. Photo in the foreground.