

# Normandy

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*Normandy Tourist Board  
Educational Resource Pack*

## *Part Four*

# *FLAVOURS OF NORMANDY*

## *Food and Drink*

### What do you know about food and flavours of Normandy?

#### Where is Normandy?

Sail across the English Channel, or over La Manche as this stretch of sea is known in French, and there you will find Normandy, located in the north west of France.

#### Has anything interesting happened there?

Normandy is steeped in history. You probably know some of these stories...



#### ■ Castles and conquering

William the Conqueror was born there in 1027, and you can still visit the castles he lived in and had built, before he made England his home after the Battle of Hastings in 1066.

#### ■ Artistic advances

Move forward around 800 years to the nineteenth century. At this point in history trains were new and so were 'tubes' of paint! This meant young artists could easily leave Paris, France's capital city, and explore the Normandy countryside and coast, and even make it their home. These artistic pioneers spent their days working, not inside in studios, but outside! They painted the beautiful Normandy landscape in their own very new, but now world famous, 'Impressionist' style.



#### ■ D-Day

Move on another few decades into the 20th century. In 1944, Normandy was the place of battles that helped change the course of the Second World War. Hundreds of thousands of troops from the UK, USA and all around the world landed on the beaches of Normandy in the D-Day Landings of June 1944 hoping to break through the German defences. Many soldiers and civilians died in the D-Day Landings and battles in Normandy that followed. This military offensive led to the liberation of Paris in August 1944 and helped work towards the end of the war in Europe in May 1945.

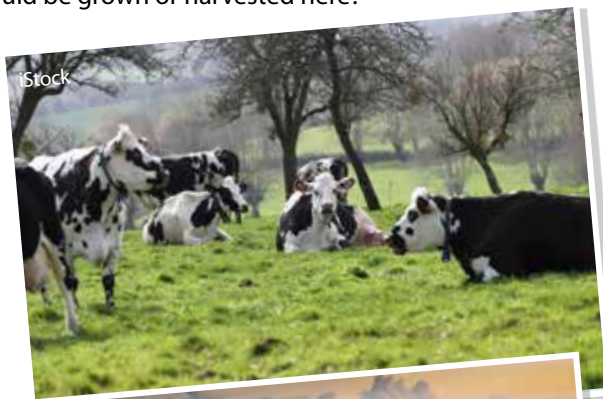




### Did you know that Normandy is world-famous for another reason?

**For food!** From cheeses to shellfish, cream, cider and even toffee, the region of Normandy is famed for its food and drink. Many people visit this area just to sample the local produce and try out the local dishes - *'la cuisine normande'*

Take a look at the landscapes of Normandy in the photographs below. It is very likely that William the Conqueror, the Impressionist artists and the soldiers of the Second World War would still recognise them. What food do you think could be grown or harvested here?



The food produced in Normandy is closely linked to the region's geography and its climate, which, as the photos show, is similar to southern England – not surprising, as the region is so close. On a visit to Normandy you will see rolling hills, lush pastures full of cows, miles of apple orchards and, of course, the coast. The tastes and flavours of Normandy are created from this landscape.

#### What is 'terroir'?

The French have a special word for the link between the local soil, or landscape, and the food that it produces: it is called 'terroir'. Read the interview with Normandy chef, Julien Guérard on pages 10 - 11, to find out more.



#### ■ What did you spot in the photos? What ingredients come from these Normandy landscapes?

Well, the sea provides a bounty of fish and shellfish. Fertile pasture helps cows produce excellent quality milk. Cheese and cream are made from the milk, and toffees are made from the cream. From the orchards come apples and pears, which are turned into cider, apple-juice and many other dishes. Over

many centuries, these foods have been combined by local people to produce the distinctive flavours of Norman cuisine.

Learning about the food and drink of Normandy is a perfect way to learn about the link between geography and food, something which can often be easily forgotten if you buy all your food from a supermarket shelf. Normandy chef, Julien Guérard, describes it as "understanding the link between **fields** and **forks**". It's also a good stepping stone into learning to cook with fresh ingredients – and, as a bonus, you might pick up some French along the way! Bon appétit!

### Explore the Normandy landscapes to find out about the famous food

#### 1) Lush pastures

The green fields of the Normandy countryside provide ideal grazing for dairy cows. Rainfall is an important factor to create this pasture. Without the rain, the grass wouldn't grow. Dairy farming is big business here and Normandy is sometimes called the 'milk churn of France'.

From the **lait** (milk) come many other dairy products that are specialties of Normandy: **crème** (cream), **fromage** (cheese) and **beurre** (butter). Camembert is a very famous AOC cheese, which comes from a village with the same name. If you love your cheese, Normandy has three other AOC cheeses to choose from: Livarot, Pont-L'Évêque and Neufchâtel.



#### How can you spot 'une vache Normande'?

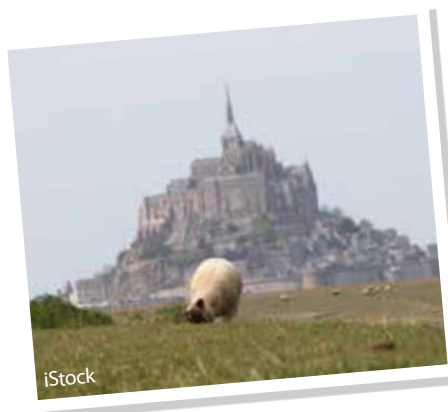
The local cattle - 'Normande' cows - are easy to recognise because they have rings around their eyes and look as though they are wearing glasses!



For the very best cream and butter, head for Isigny-Sainte-Mère. The rich soil of the area makes milk with a very high butterfat content, which in turn makes such good cream and butter that they too have been awarded the official AOC label. Isigny butter is the key ingredient in one of Normandy's finest sweet treats: salted butter caramels.

#### What is AOC (Appellation d'origine contrôlée)?

AOC is a French food label awarded to food of the highest quality. The idea behind the label is that the place a food comes from is what makes that food extra special. Rules are strict. For example, only Camembert made in Normandy can be called Camembert de Normandie. Cheese makers in other areas are not allowed to use this name.



Fields close to the sea around the Mont-Saint-Michel produce a local savoury treat: **agneau de présalé** AOC or salt marsh lamb. The grass that grows on the marshes contains a lot of salt and other minerals, which results in meat that is considered to have a distinct salty taste.



## Part four: Flavours of Normandy Food and Drink

### ■ 2) Fruitful seas

Did you know that the French word for seafood is '**fruits de mer**' – literally, fruits of the sea? With 400 miles of coastline, it is not surprising that seafood is one of Normandy's specialities. Oysters, mussels, scallops, lobsters, whelks, crabs, herrings and many other types of fish can be found on the menu.



At the fishing ports dotted all along Normandy's coastline, **les pêcheurs** (fishermen) land the widest variety of seafood in France with 85 different species being caught in their nets. They also land the most shellfish – around 40,000 tons a year!

In these coastal towns and villages, seafood has long been part of daily life and is entwined into the region's culture. The port of Trouville-sur-Mer is famous for its **maquereau** (mackerel) fishing. A mackerel fair takes place there every summer. Port-en-Bessin is the leading port for **coquilles Saint-Jacques** (scallop) fishing. The town has a festival in the autumn to celebrate the start of the scallop-harvesting season.



Fish and shellfish are naturally important ingredients in Normandy cuisine and will often be combined with the region's other specialities. For example, you might find a fish dish with '**sauce à la crème**' or '**sauce au Camembert**'. You can work out the added Normandy ingredient in these sauces!



## Part four: Flavours of Normandy Food and Drink

### ■ 3) Bountiful orchards

Normandy has **pommes** (apples) in abundance. More southerly regions of France are famed for their vineyards and fine wine; Normandy is famed for its orchards and fine cider (an alcoholic drink made from apples). In fact, little wine is produced in Normandy: cider is the drink of the region. The reason, again, is the climate: the cooler winters are perfect for growing orchard fruits.



So it is not surprising that the apple is one of Normandy's key flavours. It turns up in a huge variety of sweet and savoury dishes. For example, **sauce normande** is a savoury sauce for fish made with cider and cream. **Tarte normande** is the region's famous apple tart, made with apples and crème fraîche.

The Normans have also been creative in turning apples into many different drinks. In Calvados, the main apple-growing area, cider is turned into apple brandy. This world-famous drink is called **Calvados**, after the département (county within Normandy). Calvados also has its own AOC cider. **Pommeau** is another local drink made from Calvados and a blend of apple juices to create an apple sherry.

In the city of Rouen the apple juice is turned into one of Normandy's sweet treats: **sucre de pommes**. This stick-shaped sweet is made from condensed apple juice and sugar.

The importance of **la pomme** is celebrated every October, in Vimoutiers, with La Foire de la Pomme (the fair of the apple). There is even an award for the most beautiful apple!



#### What is 'Trou Normand'?

During a large dinner in Normandy, there is a tradition to pause between courses and have a glass of Calvados or an apple sorbet. This is called the '**trou normand**' or 'Norman hole'. It is supposed to help to refresh the palate, restore appetite and make room for the next course.



### Take a close look at how two famous Normandy products are made

#### How is Camembert cheese made?

It is believed that Camembert cheese was first made in Camembert in the eighteenth century, by farmer, Marie Harel. The distinctive round wooden boxes that Camembert is still sold in today are thought to have been invented by an engineer, Monsieur Ridet in around 1890. But, what is the process that converts milk into Camembert?

##### ■ Step 1 Inoculation

The milk is warmed with a special type of bacteria, which help to convert the lactose sugar in the milk into lactic acid (a fermentation process).

##### ■ Step 2 Curdling – creating curds and whey

An enzyme called rennet is then added, which along with the bacteria, makes the protein in the milk form into solid lumps. This process is known as curdling or coagulation. It creates the solid curd and the remaining liquid, called whey.



##### ■ Step 3 Cutting and shrinking

The curd is cut into small pieces. Salt is added and the mixture is put into moulds. The moulds are turned regularly every six to twelve hours to make sure the whey drains away evenly. After two days, a solid mass of hard, crumbly, fresh but relatively tasteless cheese is left.

##### ■ Step 4 Ripening

It is sprayed with another type of special bacteria and left to ripen for

at least three weeks. During this time, changes which take place are caused by three enzymes – enzymes originally in the milk, the rennet added to enable coagulation and the micro-organisms sprayed on to the surface of the cheese. These reactions slowly change the texture and flavour of the cheese into the Camembert we recognise.



##### ■ Step 5 Packaging

The mature, narrow, cylindrical cheeses are then wrapped in paper and put into round wooden boxes for transport.



#### When is it time for cheese?

Cheese in France is usually served between the main course and dessert.



## Part four: Flavours of Normandy Food and Drink

### How is Normandy cider made?

It is thought that the alcoholic drink, **cidre** (cider), has been brewed in Normandy since around 800AD, over 200 years before the birth of William the Conqueror.

What is the process that turns apple juice to cider?



#### ■ Step 1 Washing and sorting

The apples are harvested from autumn. They are washed, and then travel along a sorting table so any rotten apples can be thrown away.

#### ■ Step 2 Milling and pressing

The apples are milled to make a grated pulp or pomace. This is then pressed to squeeze out all the juice, flavour and aroma. The resulting liquid has a golden amber colour.

#### ■ Step 3 Fermentation

Traditionally, the expressed juice is transferred into wooden barrels (modern producers may use stainless steel vats). These are sealed and fermentation begins. This is a biological process where the wild yeast in the juice begins to break down the natural apple sugars. (Some brewers add additional yeast to speed up the process.) Inside the barrels, there is bubbling and frothing. As there is no oxygen present, the yeast converts the sugars into liquid alcohol and carbon dioxide gas.

#### ■ Step 4 Racking

After a month or so, the cider is carefully transferred into clean containers, without transferring any sediment. This process is called racking. It is then left until the spring to have a second period of fermentation. This improves the flavour.

#### ■ Step 5 Bottling and storing

The cider is then ready to be bottled. It will last longer if stored upright in a cool cellar.

### What is fermentation?

Fermentation is a biological process involving yeasts or other microorganisms breaking down carbohydrates (starches and sugars) into acids, gases and/or alcohol.





## Part four: Flavours of Normandy Food and Drink

Here are some other Normandy specialities to look out for when you visit.

On your next visit to Normandy, you might want to look out for these other Normandy specialities:



### ■ Teurgoule

A milky rice pudding flavoured with cinnamon. It originated from Lower Normandy but is now a traditional pudding throughout the region.

### ■ Confiture de lait

The English translation 'milk jam' doesn't really do justice to this sweet and creamy caramel spread. It is made by boiling milk and sugar, sometimes with a hint of vanilla.



### ■ Canard à la Rouennaise

The city of Rouen is the home of this very famous duck dish. Local Rouen duck from the Seine Valley is served in a rich sauce, often prepared by the chef at your table.

### ■ Andouille

A famous Normandy smoked chitterling sausage from the city of Vire.



### ■ Boudin noir

A black pudding (sausage made from blood!) from the south Normandy district of Orne. An international black pudding festival is held here every March.

### ■ Poiré

Another alcoholic drink, perry, this time made from pears. The drink is light and sparkling, it is closer to champagne than cider.



### ■ Carotte de Créances

Créances, in the west of Normandy, is the only area in France to hold an AOC award for carrots! The carrots are grown very close to the sea in sandy soil fertilised with seaweed.

## Meet a Normandy Chef: learning the links between fields and forks



Manoir de la Pommeraie in Roullours, Normandy.

Julien Guérard, aged 35, is a French chef. He grew up in Normandy, and now owns and runs a restaurant there. His cooking career has been an international experience. His first job was in the UK, in Shepton Mallet, Somerset. There, he was trained by a chef, not from the UK, but from Russia. Julien loved the four years he spent living in the UK. When he went back home to France in 2005, he worked in Paris where he met a Japanese pastry chef called Masako. They got married, and now run their restaurant

Julien will explain to you how he got into cooking and why he thinks food from Normandy is so special.

### ■ Why did you decide to become a chef?

As a kid I used to watch my father, who's also a chef. Dad worked in restaurants for a while and then started a career in a hospital kitchen. At the time, all the food was made from scratch, for the patients and staff. Dad used to cook for friends during the weekends too, and I really enjoyed watching and helping.

### ■ Do you think it's important that children have a go at cooking, and did you cook when you were a child?

It is obvious to me that children should sometimes take part in the preparation of a meal. It's a perfect way to start learning seasons and understanding the links between fields and forks. I did cook when I was a child and Mum was often impressed, but I am not sure if it was about the food or the incredible amount of washing up I could produce...!!

### ■ What skills do you need to have to be a chef?

All you need is passion, and then if you meet the right people you can learn everything... Remember what Gusteau said, "Anyone can cook"!! (Clue: think *Ratatouille*!)





## Part four: Flavours of Normandy Food and Drink

### ■ What are the highlights of the food and drink from Normandy?

Normandy is famous for its dairy products: milk, cream, butter and cheese. There's also an incredible range of apples which are used in pastries and all the cider products. A very long coastline also provides us with lots of fish and shellfish, while the rich soil of our lands is ideal to breed poultry, cattle, ducks and so on...

### ■ Why do you think Normandy produces such high quality produce?

Our climate may be sometimes rather wet but it keeps our landscape green and fertile for all kinds of farming and crops.

#### Get started with Normandy food

Which local foods do you think British children visiting Normandy should try?

- Start with Andouille de Vire, a smoked chitterling sausage perfect with good crusty bread and butter.
- Follow with a Poulet Vallée d'Auge, chicken with a cream sauce.
- Then have a bit of Camembert, Pont l'Eveque, Livarot and Neufchâtel which are our four official cheeses
- And finish with a proper apple Tarte Tatin

### ■ What ingredients would you find in a typical Normandy dish?

The choice is wide but there is no typical Normandy dish without cream, apples or butter!

### ■ What is your favourite Normandy dish?

I still remember a dish which was my hometown speciality - beef steak, stuffed with mince meat and apple, held together with a thin slice of streaky bacon, and served with baked apples and cider and cream sauce.... here we go, I'm hungry now!

### ■ We don't have a word for 'terroir' in English. Can you explain the concept of 'terroir' for British children?

'**Terroir**' comes from the word '**terre**' in French meaning soil / ground / earth. It refers to the soil as the element which provides food according to local traditions. Wherever you live, growers and gardeners have their ways and habits. Very often, they were taught by their parents and / or grandparents what their soil was particularly good for. For example, root vegetables such as turnips and carrots are often grown not far from the sea, because of the sand that's in it. The soil is less compact which allows these carrots to grow in a nice and straight shape.

What's your '**terroir**' like? Don't know yet? Well, get out in farms, gardens and local markets and find out!!

**Have a look in the activities section (page 16 and 17) and you will find two Normandy recipes from Julien and Masako that they recommend you try making with your family.**

## ACTIVITY 1: LOCATING THE PRODUCE OF NORMANDY



Can you create a **map** to locate the **ports, villages, towns** and **cities** in Normandy, and show which foods and drink they are famous for?

### GETTING STARTED ...

- **Match** the place name to the food it is famous for, use the *Flavours of Normandy* information (pages 3 to 9) to help you.
- Then use an atlas and locate the ports, villages and cities and add them to your map.

### PLACE

**Camembert**

**Isigny-Sainte-Mère**

**Livarot**

**Trouville-sur-Mer**

**Pont-L'Évêque**

**Port-en-Bessin**

**Neufchâtel**

**Calvados**

**Rouen**

**Créances**

**Orne**

**Vire**

**Vimoutiers**

### PRODUCE

This port is famous for its mackerel fishing.

Soft, creamy, cow's milk cheese. First made by farmer Marie Harel in the eighteenth century. One of Normandy's four official AOC cheeses.

Official, Normandy AOC cheese from the village with the same name.

The leading port for scallop fishing.

AOC carrots come from this region. It is close to the sea and the soil is sandy and fertilised with seaweed.

Main apple-growing area and famous for its apple brandy 'Calvados' and cider.

The black pudding, *boudin noir*, comes from this region, and they hold an international black pudding festival here every March.

Official, Normandy AOC cheese from the village with the same name.

This city turns apple juice into stick-shaped sweet treats called *sucres de pommes*.

The famous smoked sausage, *Andouille*, comes from this town.

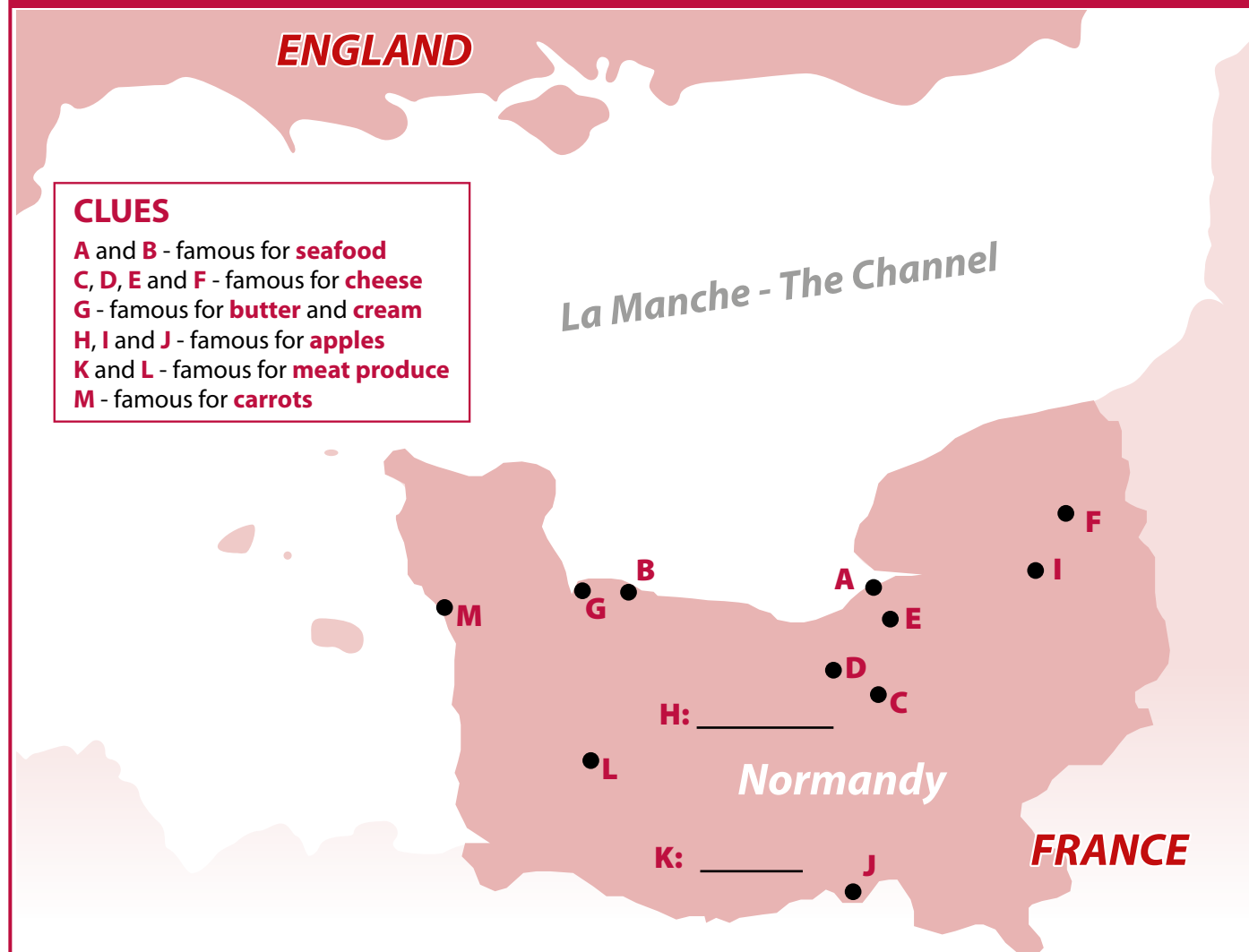
This area in Lower Normandy celebrates the apple with *La Foire de la Pomme*, every October.

Famous for cream and butter. The rich soil leads to milk with very high butterfat.

Official, Normandy AOC cheese from the village with the same name.



## ACTIVITY 1: LOCATE THE PRODUCE OF NORMANDY



### PLACES - ports, villages, towns, cities and counties in Normandy

Can you complete the key for this map to identify places all famous for food and drink?

**A**

**B**

**C**

**D**

**E**

**F**

**G**

**H**

**I**

**J**

**K**

**L**

**M**

## ACTIVITY 2 : PARLEZ-VOUS FRANÇAIS ... AU MARCHÉ ?

Could you visit one of the famous Normandy markets and buy all the ingredients you need to make a tasty feast?

**Study the photos of markets in Normandy below.**

- What ingredients are being sold?
- Do you know the names of any of this produce in French?





## ACTIVITY 2 : PARLEZ-VOUS FRANÇAIS ... AU MARCHÉ ?

Can you learn the French words for the following ingredients that you could buy at a market in Normandy?



### GETTING STARTED ...

- **Match** the English word, the French word and the picture together.
- Then see if you can learn and remember all the French words.

crème		cheese
beurre		chicken
lait		butter
fromage		mackerel
pommes		duck
poires		cream
tomates		apples
courgettes		courgettes
carottes		scallops
coquilles-Saint-Jacques		tomatoes
maquereau		milk
poulet		pears
canard		lamb
agneau		carrots

### Challenge: Bonjour ! Je voudrais ...

Can you put the words you have learnt into full sentences?  
Imagine you are talking to the stall holders at the market.

**Hello! I would like** ..... or in French: **Bonjour ! Je voudrais** ....

Role play a visit to the market with a partner. Take it in turns to be the stall holder and the shopper.

### ACTIVITY 3: TWO NORMANDY RECIPES TO TRY AND TASTE



Normandy Chef, Julien Guérard, recommends two recipes for you to try out with your family at home. Can you bring the flavours of Normandy to your dinner table?

#### Recipe 1 : SAVOURY - Guinea Fowl "Vallée d'Auge"

This tasty recipe is from *Pays d'Auge*. This area of Normandy is an agricultural and historical area with "terroir" which is famous for its apples and cider products, cream, butter and meat. You will learn some useful cooking techniques in this recipe. It is quite complicated so you will need to work with an adult.



*Pays d'Auge*

#### Ingredients for 4 people:

- 1 guinea fowl ready to roast from your local farm
- 1 small leek
- 1 onion
- 1 stick of celery
- 1 carrot
- 2 shallots
- 2 Bramley apples
- 3 potatoes
- 20ml cider brandy
- 250ml cider
- 100ml double cream (crème fraîche)
- 50ml vegetable oil
- 50g butter

**1.** Separate the breasts and the legs from the guinea fowl, keep them apart and make a stock with all the rest. With the help of an adult, chop the bones in small pieces but make sure you take the lungs away first because they would bring bitterness. Rinse the chopped bones, and lay them on a wet cloth to dry. Wash, peel and cut the onion, leek, celery and carrot in small pieces. Get a large pot very hot, pour in the oil, and cook and colour the chopped bones. Add the butter - keep the flame high but don't burn it. Stir until the bones are nicely coloured, add the chopped vegetables and ½ litre of water. Bring to a simmer, cover and cook gently for at least an hour. Pass the liquid through a sieve, let it rest and get rid of the fat which has risen to the top.

Congratulations you just made a nice chicken stock!

**2.** Make a purée with the potatoes but instead of milk, add butter and some of your chicken stock to get it nice and soft.

**3.** Peel the apples and cut them into quarters. Chop the shallots very thinly.

**4.** Pan-fry the guinea fowl breasts and legs to a nice colour. Add salt and pepper and roast gently in the oven at 150°C.

**5.** Put the apple quarters in the pan, get some colouration on both side, then add the shallots. With an adult, add the cider brandy and flame it, cook them together with the breast and legs. Finish off the sauce by adding the cider in the pan with 250ml of chicken stock, reduce to half the volume, then add the cream.

**6.** Plate up your dish nicely starting with the purée and the apples, then the guinea fowl and the sauce.



Julien Guérard

**Bon appétit !**



## ACTIVITY 3: TWO NORMANDY RECIPES TO TRY AND TASTE

### Recipe 2 : SWEET - Tarte fine

For the dessert, my wife Masako suggests a simple but tasty recipe - thin apple tart with vanilla ice-cream.



#### Ingredients for 4 people :

- A large puff pastry sheet
- 3 tangy apples such as cox or braeburn
- 4 teaspoons of caster or brown sugar
- 250ml of vanilla ice cream

1. Cut the pastry in four even discs of approximately 5 inches (12.5cm) diameter.
2. Peel the apples and slice them thinly.
3. Lay the slices in circles on the pastry starting from the sides and working towards the centre.
4. Sprinkle with the sugar and bake in the oven for 40 to 45 minutes at 160°C.
5. Serve warm, decorate with icing sugar and the ice cream on top.



***Bon appétit !***

**For more information on food and drink in Normandy please visit the following websites:**

Normandy Tourist Board foodie pages: <http://www.normandie-tourisme.fr/normandy-tourism/main-menu/things-to-do/food-and-drink-214-2.html>

Markets in Normandy: <http://en.normandie-tourisme.fr/normandy-tourism/main-menu/things-to-do/food-and-drink/markets-215-2.html>

Normandy food festivals: <http://en.normandie-tourisme.fr/normandy-tourism/main-menu/things-to-do/food-and-drink/food-festivals-216-2.html>

IRQUA, regional food development agency: <http://www.irqua-normandie.fr>

IRQUA's website for kids in French: <http://www.normandie-gourmande.fr>

Travelling to Normandy: <http://www.brittany-ferries.co.uk>