

Co-funded by the  
Erasmus+ Programme  
of the European Union



*Acknowledgement of the importance of preserving  
biodiversity and local natural resources:  
sustainable development in two specific areas  
(Monbazillac and Sibiu)  
Mobility in France  
22nd-26th May 2023*

# Recipes

sweet:

-far breton

-mille feuilles

salty:

-quiche lorraine

-aligot

# Mille feuille

Ingredients : for six people

for the icing

-icing sugar

-180g of chocolate

For the pastry cream

-50g of sugar

-35g of flour

-1 packet of vanilla sugar

-1egg

-1/4 liter of milk

For the dough :

-500g puff pastry



### Step 1

Roll out the puff pastry to about 3mm. Cut rectangles of equal size. Prick it with a fork so that it does not swell then put it in the oven on 6, or 18

### 2nd step

milk

Meanwhile, prepare the pastry cream: Put the milk to boil.

### Step 3

egg

sugar

flour

Meanwhile, mix the egg, sugar, vanilla sugar and flour in a bowl.

### Step 4

milk

When the milk is boiling, immediately pour it into the bowl.

### Step 5

Put back to cook in the saucepan for a few minutes so that the liquid takes on the consistency of cream.

### Step 6

puff pastry

Spread the pastry cream on a first layer of dough, then do the same with a second. Assemble them.

### Step 7

sugar

chocolate

Wait until the cake is cold to spread the icing with a brush, made with a lot of icing sugar mixed with a little water. Make a design with the rest of

### Step 8

# Far breton

For six people :

- 200g of flour
- 150g of sugar
- 2packet of vanilla sugar
- 20 dried plums
- 4eggs
- 75cl of milk



### Step 1

flour  
milk  
sugar  
egg

Prepare the dough by mixing the flour, milk, sugar, eggs, vanilla sugar.

### 2nd step

Leave to rest for an hour.

### Step 3

Preheat the oven to 200°C. Melt a piece of butter in a dish (if possible on the ground), then distribute the fat evenly in the bottom and on the sides.

### Step 4

plums  
flour

Add the plums (rolled in flour beforehand so they don't sink to the bottom).

### Step 5

Bake for half an hour in the oven at 200°C. Then turn off the oven and leave again for half an hour.

### Step 6

Important: once the dish is in the oven, do not open the oven door for one hour.

# Quiche Lorraine

For 6 people :

- 300g shortcrust pastry
- 300g bacon bits
- 45g of butter
- 30cl sour cream
- salt
- pepper
- 4,5 eggs
- 30cl of milk
- nutmeg



## Step 1

pastry

Preheat the oven to 180°C (thermostat 6). Spread the dough in a mold,

2nd step

butter

prick it with a fork. Sprinkle with shavings of butter.

Step 3

bacon bits

Fry the bacon bits in a pan then pat them dry with a paper towel.

Step 4

egg

cream

milk

Beat the eggs, fresh cream and milk.

Step 5

Add the bacon.

Step 6

salt

pepper

nutmeg

Season with salt, pepper and nutmeg.

Step 7

Pour over the dough.

Step 8

Bake 45 to 50 minutes.

# Aligot

For 6 people :

- 50g of butter
- 20cl sour cream
- pepper
- salt
- 300g fresh tomme cheese from auvergne
- 500g floury potatoes
- 1 garlic clove



## Step 1

potato  
butter  
sour cream  
garlic  
salt  
pepper

Cook the peeled potatoes for 25 to 30 minutes in a pan of water. Drain. Then mash them and se

## 2nd step

tome

Cut the cheese into very thin strips. Over low heat, add the cheese to the mash.

## Step 3

For at least 15 minutes, beat the mass with a large wooden spoon, forming "eights", and lifting it

## Step 4

Serve on each plate: lift a large ribbon of aligot and cut it with scissors.