



FRENCH NEWS

For Residents and Lovers of France



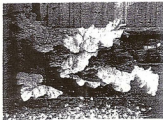
FOUNDING €2.50

RECIPES OF THE MONTH

Rhubarb! Rhubarb!

by Martine Gillet

Originally from the borders of China and oriental Russia, classified as a vegetable, it was cultivated for a long time for its medicinal values. In the time of Vasco de Gama it fetched very high prices at the Calicut market in India – as much as musk.



It grows best in colder climates, in the north and east of France. It is sold fresh at the markets from April to June. It freezes well raw, peeled and cut up.

Bear in mind that, unlike other fruit, the riper it is, the more acid it gets. Do not eat the leaves or the white end of the stalks which are toxic.

Rhubarb makes delicious jam, marmalade, compotes, pies and chutneys. It is delicious combined with *pain d'épice* – ginger bread. There is even an Italian *aperitif* made from rhubarb – *Rubarbaro*.

underneath. Place on a greased oven tray – cook for 10 minutes or slightly more. Serve warm.

GRATIN DALPHINOIS A LA RHUBARBE

Potato and rhubarb gratin

Serves 4 – 6

- 900g yellow fleshed potatoes
- 450g rhubarb
- 50cl liquid cream
- 1 good pinch of cinnamon
- Salt and pepper
- Preheat oven to 180°C/Gas Mark 4

Wash and prepare rhubarb as above. Cut into chunks, put into a saucepan and just cover with water. Cook with the lid on for approximately 10 minutes and strain. Thickly slice peeled potatoes. Butter an earthenware dish. Layer with half the slices of potatoes; sprinkle salt, pepper and cinnamon; pour on half the liquid cream. Add the strained rhubarb, then cover with the rest of the sliced potatoes; add more salt, pepper and cinnamon; pour on the rest of the liquid cream. Dot butter here and there. Place in a preheated oven for about one hour. After 50 minutes, turn the oven up to crisp the top.

Serve with slices of *duck magret*, *compote de rhubarbe* and *caramel au vin de rhubarbe* (available in particular from Michel Moine at Rasey, Xertigny in the Vosges – world leader in the production of rhubarb wine as in the good old days. Tel: 03 29 30 83 78. He exports as far as Japan.)

SABAYON A LA RHUBARBE

Zabaglione, a light foamy dessert of Italian origin

Serves 4

- 450g rhubarb
- 5 egg yolks
- 100g castor sugar

Wash and if necessary peel the rhubarb stalks and cut into cubes. Cook for about 15 minutes on low heat with a few spoonfuls of water. Leave to cool, liquidise and strain the juice. Mix the egg yolks with the sugar and rhubarb juice in a saucepan, whisking all the time until near boiling point. Take off the heat, leave to cool, whisking from time to time. Serve immediately when still warm in pretty glasses. Decorate with a piece of cooked rhubarb stalk on each portion.

the latter, full, deep and more naturally tannic wines. Many growers have vineyards in both as making their wines from a blend of the areas as a blend of different varieties of *gru* Predominant among the red varieties are *gru* *syrah*, *mourvèdre* and *carignan*. The white *gru* grown (not for Saint-Chinian AC) are *vignerons* *roussane*, both of Rhône Valley origin.

The Mediterranean climate is very sunny the grapes, when harvested, offer high pots alcohol. For the AC of Saint-Chinian, two style wine are usually made: a soft, fruity wine *u* carbonic maceration techniques with a six to day fermentation period, and the 'keeping wi (*vins de garde*), where the fermentation period last as long as 30 days.

Both manual and machine picking methods used for the harvest. For the appellation, 60% of grapes must come from *syrah*, *grenache mourvèdre*, but it is the percentage segments of t first four and the expertise of the winemaker produce the style of the product. Saint-Chinian r prices are around €5 and €10 per bottle.

In the hamlet of Combejean, to the north-ea Saint-Chinian is the *Domaine de La Croix Sa* *Eulalie* owned by the vinegrowing and winemai family of Michel and Aline Gleizes. The same o



A proud Mme Gleizes Sr. at a wine exhibit

WI

More Chardonnay grown in the USA than
Statistics released recently on worldwide
terms of Chardonnay is:

- USA (California and Washington)
- France
- Australia
- Italy
- jointly Moldova and South Africa

RECIPES OF THE MONTH

Rhubarb and fromage frais puffs

Serves 6

- 225g rhubarb
- 30g ginger
- 115g sugar
- juice and grated rind of a small untreated orange
- 225g strained cream cheese or ricotta
- 20g melted butter
- 1 egg
- 6 *feuilles de brick* or 1 packet of filo pastry

Preheat oven to 270°C/gas mark 7

Remove the leaves from the rhubarb, wash it, cut the stems into small pieces. Place in a saucepan with the peeled and grated ginger, half the sugar and the orange juice. Bring to the boil then leave to simmer gently uncovered for 10/15 minutes. Let it cool a bit, pour into a dish, add the orange peel and the egg, ricotta or cream cheese.

Cut each *feuille de brick* in half. With a pastry brush, cover them with melted butter. Put some of the mixture in the middle of each *feuille de brick*, roll carefully to form 12 parcels leaving the edges turned



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