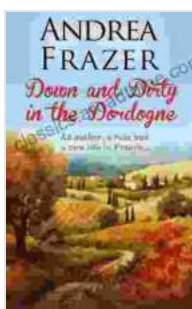


# Down and Dirty in the Dordogne: A Culinary Journey Through France's Southwest

The Dordogne region of France is a culinary paradise, with a rich gastronomy that has been shaped by its unique geography and history. From the fertile valleys of the Dordogne and Vézère rivers to the rolling hills of the Périgord Noir, the region offers a diverse range of ingredients and flavors that are sure to tantalize your taste buds.



## Down and Dirty in the Dordogne by Andrea Frazer

★★★★☆ 4.2 out of 5

Language	: English
File size	: 331 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 232 pages



In this book, James Martin takes you on a culinary journey through the Dordogne, exploring its local markets, charming villages, and world-renowned restaurants. You'll learn about the region's history and culture, and you'll get to meet the passionate people who are behind its food. Along the way, you'll find recipes for some of the region's most iconic dishes, including foie gras, duck confit, and walnut cake.

Whether you're a seasoned traveler or a food lover who is looking for a new adventure, *Down and Dirty in the Dordogne* is the perfect book for you.

With its stunning photography and engaging writing, this book will transport you to the heart of one of France's most beautiful and delicious regions.

## **Chapter 1: The Dordogne Valley**

The Dordogne Valley is the heart of the Périgord region, and it is home to some of the most beautiful scenery in France. The valley is dotted with charming villages, medieval castles, and rolling hills. The Dordogne River is a popular destination for canoeing and kayaking, and it is also a great place to go for a swim or a picnic.

The Dordogne Valley is also known for its gastronomy. The region is home to some of the best foie gras in France, and it is also known for its duck confit, walnuts, and truffles. There are many local markets in the valley where you can buy fresh produce, cheese, and other local specialties. The valley is also home to a number of excellent restaurants, where you can enjoy traditional Périgord cuisine.

### **Recipe: Foie Gras with Sauternes Wine**

Ingredients:

- 1 pound foie gras
- 1/2 cup Sauternes wine
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Place the foie gras in a baking dish.
3. In a bowl, whisk together the Sauternes wine, sugar, salt, and pepper.
4. Pour the wine mixture over the foie gras.
5. Bake for 30 minutes, or until the foie gras is cooked through.
6. Serve the foie gras with toasted bread or croutons.

## **Chapter 2: The Périgord Noir**

The Périgord Noir is a region of rolling hills, dense forests, and medieval villages. The region is known for its black truffles, which are considered to be some of the best in the world. The Périgord Noir is also home to a number of other culinary delights, including walnuts, foie gras, and duck confit.

The Périgord Noir is a great place to explore on foot or by bicycle. There are many hiking trails and bike paths that wind through the region's forests and hills. You can also visit the region's many charming villages, where you can find local markets, restaurants, and shops.

### **Recipe: Duck Confit with Potatoes and Onions**

Ingredients:

- 1 duck leg
- 1 tablespoon salt
- 1/2 teaspoon black pepper

- 1 tablespoon duck fat
- 1 pound potatoes, peeled and cut into quarters
- 1 pound onions, peeled and cut into wedges

#### Instructions:

1. Rub the duck leg with salt and pepper.
2. Place the duck leg in a container with the duck fat.
3. Cover the container and refrigerate for at least 24 hours.
4. Preheat oven to 325 degrees Fahrenheit.
5. Remove the duck leg from the refrigerator and place it in a baking dish.
6. Add the potatoes and onions to the baking dish.
7. Bake for 2 hours, or until the duck leg is cooked through and the potatoes and onions are tender.
8. Serve the duck confit with mashed potatoes or rice.

### **Chapter 3: The Dordogne River**

The Dordogne River is one of the most beautiful rivers in France. It flows through the heart of the Périgord region, and it is a popular destination for canoeing, kayaking, and fishing. The river is also home to a number of charming villages, where you can find local markets, restaurants, and shops.

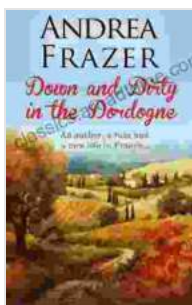
The Dordogne River is a great place to relax and enjoy the scenery. You can canoe or kayak down the river, or you can simply sit on the banks and

enjoy the view. There are also a number of hiking trails and bike paths that follow the river, so you can explore the area on foot or by bicycle.

## Recipe: Walnut Cake

Ingredients:

- 1 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
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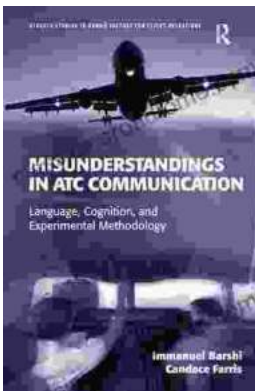
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