

# RECIPES FROM THE AUBRAC REGION



**PUNTI (Aveyron)**

Serves 6

*Preparation 7 minutes    Cooking time 45 minutes*

## INGREDIENTS:

250g streaky bacon  
8 large Swiss chard leaves  
(fresh spinach can be used instead)  
2 onions  
4 eggs  
Salt, pepper

100g flour  
250ml milk  
20 prunes, soft and stoned

## INSTRUCTIONS:

- Preheat the oven to 180 degrees.
- Finely chop the bacon, the green part of the Swiss chard parsley and onions. Chop all these raw, do not cook beforehand.
- In a large bowl, mix the flour, the eggs, pepper and salt (bear in mind the bacon might already be salty) gradually add the milk. Incorporate the bacon, chard and onion until you get an even dough. Grease and flour a cake tin, pour a small amount of the dough in. Arrange half the prunes evenly. Pour the rest of the mixture and arrange the rest of the prunes, pressing them in slightly so they are just covered.
- Place in the oven for approximately 45 minutes. It is fully cooked when the blade of a knife inserted in the middle comes back out clean.
- Enjoy hot or cold with a salad.



**TRUFFADE (Cantal)**

## INGREDIENTS:

500g of waxy potatoes  
250g of Cantal Tome (if not available a mature white cheddar can be used)  
100g chopped thick streaky bacon  
1 large garlic clove finely chopped or mashed in a garlic press  
Salt, pepper

## INSTRUCTIONS:

- Peel and cut the potatoes into thin slices
- In a large pan, gently fry the bacon, then add the potatoes and sauté until browned and tender. Season with the garlic salt and pepper.
- When cooked, reduce the heat and add the grated cheese, spreading evenly over the mixture. Mix very gently with a wooden spoon to melt the cheese, without breaking up the potatoes. A small amount of cream can be added to the potatoes just before the cheese for a more moist result. The dish can also be put under a hot grill for 2 minutes for a personal touch.
- Serve immediately, hot with a salad or to accompany meat.



**STUFFED CABBAGE (Aveyron)**

## INGREDIENTS:

1 green cabbage (Savoy is best)  
300g of Aubrac mince  
2 onions  
1 egg  
Pepper, salt  
Spices and seasonings  
Chopped parsley (2 tablespoons)

## INSTRUCTIONS:

- Remove the 3 or 4 outer leaves of the cabbage. Put it in a large saucepan filled with cold water, bring gently to the boil. When the water boils, remove the cabbage and let it drain upside down.
- In a bowl thoroughly mix the meat, finely chopped onions, parsley and egg. Add the salt, pepper and seasonings.
- When the cabbage has cooled, very gently fold out the outer leaves one by one, without detaching them. Remove the core from the cabbage, chop it and add to the mince. Replace the core of the cabbage with the stuffing and distribute the rest of the stuffing between the leaves, putting them back in place one at a time to reconstitute the cabbage. You can use string if necessary, to hold the cabbage together until cooked.
- Place in an oiled casserole dish and cook over very low heat for approximately 2 hours adding a small amount of water every so often so it does not stick, or alternatively wrap the cabbage in a muslin cloth and steam gently for a quicker result.



**FOUACE AVEYRONNAISE**

## INGREDIENTS:

1 kg plain flour  
4 eggs  
250g of melted butter  
30g of yeast  
300mls of warm milk  
Salt  
2 table spoons of orange blossom essence  
60g of mixed dried fruit  
120g of caster sugar

## INSTRUCTIONS:

- Add the yeast to the milk and mix well.
- In a separate bowl, pour the flour, then the eggs, one at a time. Mix well. Pour in the milk/yeast and the melted butter. Add the salt and sugar, the orange blossom essence and the mixed fruit, mix well. Knead the dough and leave to rise for 2 hours at room temperature. After 2 hours, knead in to a ball then arrange as a crown, making sure to join the 2 ends properly. Leave to rise again for 1 hour.
- After 1 hour, bake for 15 to 20 minutes in a hot oven, minimum 200 degrees, until golden. Do not over bake as it would dry out.
- Enjoy cold to accompany a pudding or instead of bread for breakfast.