



Bed and Bourgogne

My recipes

of the table d'hôtes





Burgundian cheese gougères

Ingredients for ~30 gougères :

- 1 pinch of salt
- 140 g of grated Comté cheese
- 75 g of butter
- 150 g of flour
- 1/4 liter of water
- 4 eggs
- 1/2 teaspoon of nutmeg

Preparation :

Melt the butter, water and salt in a saucepan.

1. Bring to a boil then remove from heat.
2. Add the flour all at once and work briskly with a spatula.
3. Return to the heat and dry out the dough until it pulls away from the pan.
4. Remove from heat and let cool.
5. Incorporate the eggs one by one, mixing well with a spatula.
6. Add the grated cheese and nutmeg to this dough.
7. Arrange in small balls on a greased baking sheet or one lined with parchment paper.

Cooking :

1. Bake in a hot oven (thermostat 6 – 180°C) until the gougères are puffed up and lightly browned (approximately 25 to 30 minutes).
2. Remove from the oven and consume warm or cold.



Parsley ham tartine, arugula, goat cheese and honey

Ingredients for 6 people :

- 1 slice of parsley ham, cut into cubes
- 6 slices of country bread
- 1 log of goat cheese
- 50g of rocket
- Balsamic sauce
- Honey

Preparation :

1. Toast the bread slices in the oven.
2. Once toasted, pour a little balsamic sauce over the bread.
3. Place a bed of rocket.
4. Add a little more balsamic sauce.
5. Add the cubes of parsley ham evenly
6. Slice the goat cheese log into rounds and place one or two rounds on the ham (depending on the size of the slice of bread).
7. Drizzle with liquid honey
8. Place in the oven for 5 to 10 minutes (the cheese should melt).



Summer salad with Burgundy flavors

Ingredients for 6 people :

- 1 slice of parsley ham, cut into cubes
- 1 mâche (salad)
- 18 cherry tomatoes
- 1 sundried tomato
- Crushed nuts
- 1 dry goat cheese
- 2 tablespoons of olive oil
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of liquid honey
- 1 teaspoon of mustard

Salad preparation:

1. Place the salad in a salad bowl.
2. Cut the cherry tomatoes in half and place them on the salad
3. Chop the sundried tomato into small pieces and add to the salad
4. Add the parsley ham
5. Add the crushed nuts
6. Add the shaved goat cheese

Preparing the sauce:

1. In a bowl, pour the olive oil and balsamic vinegar. Mix well.
2. Add the honey and mustard, then mix everything together until there are no more yellow residues (the mustard).
3. Pour the sauce over the salad before serving.



Beef Bourguignon

Ingredients for 6 people :

- 1 kg of beef (neck)
- 2 onions
- 3 carrots
- 1 clove of garlic
- 2 tablespoons of flour
- 30 cl of red wine
- 1 bouquet garni (thyme, bay leaf)
- 100g of bacon bits
- 250g of button mushrooms
- Marc de Bourgogne (optional)
- 2 squares of dark chocolate
- Salt, pepper
- Oil

Preparation :

1. Cut the meat into cubes approximately 5 cm on each side. Peel and slice the onions. Peel and slice the carrots. Crush the garlic clove.
2. In a Dutch oven, heat 3 tablespoons of oil. Add the pieces of meat and let them brown for a few minutes without stirring. Turn them over and brown for a few more minutes. If the Dutch oven isn't large enough, brown the meat first, remove it, and then continue with the rest.
3. Optional : pour a few drops of Marc de Bourgogne and flambé the meat.
4. Add the onions, garlic, and carrots. Season lightly with salt, mix well, and cook for 5 minutes.
5. Add the flour, mix thoroughly, then deglaze with the red wine. Add enough water to cover the meat.
6. Add the bouquet garni and the chocolate. Bring the mixture to a boil, then cover the pot and simmer for 2½ to 3 hours over medium heat. Stir occasionally and add a little water if necessary.
7. Meanwhile, heat the bacon in a pan without adding any fat. When it's nicely browned, drain off the excess fat and add the button mushrooms. Cook for 5 minutes and remove from the heat. Add the bacon and mushrooms to the simmering casserole dish.

Advice :

Beef bourguignon tastes even better when reheated. Don't hesitate to make it the day before. Serve with steamed potatoes.



Gaston Gérard Chicken

Ingredients for 6 people :

- 1 chicken or fillets
- 3 onions
- 100g of Comté cheese
- 50 cl of heavy cream
- 20 cl of white wine
- 1 heaped tablespoon of Dijon mustard
- 1 tsp of paprika
- 1 knob of butter

Preparation :

1. Brown the chicken in butter in a casserole dish, season with salt and pepper.
2. Remove the chicken fillets once they are golden brown and arrange them in an oven dish.
3. In the casserole dish, brown the onions, then add the white wine.
4. Let it reduce a little, then add the mustard, the Comté cheese (keep some Comté for the end of the recipe) and the paprika.
5. Stir well, and bring to a boil.
6. Finally, add the cream and pour over the chicken in the ovenproof dish.
7. Sprinkle with grated Comté cheese and bake in the oven for 30 minutes at 200°C.

Advice :

Serve with rice.



Charolais rib-eye steak with Époisses cheese sauce

Ingredients for 6 people :

- 1 rib of beef, approximately 6cm thick
- oil
- fleur de sel
- pepper
- thyme
- 100g of perfectly ripened Époisses cheese
- 20cl of semi-thick cream
- Nutmeg

Meat preparation:

1. Take the meat out of the refrigerator 2 hours in advance so that it returns to room temperature.
2. Preheat the oven to 200°C (thermostat 6-7).
3. Coat the rib of beef with oil and then sear it in a large pan for 5 minutes on each side. When turning it over, be careful not to pierce it with a fork.
4. Place the sprigs of thyme at the bottom of an oven dish and then place the rib of beef on top.
5. Bake for 10 minutes, turning the piece over halfway through cooking.
6. Remove from the oven and let rest on a board, covered with aluminum foil, for the same amount of time as the cooking time. This resting time is essential; it allows the meat to relax and the juices to redistribute throughout.
7. Cut the meat into slices about 1 cm thick. Season with salt and pepper.

Preparing the sauce:

1. In a saucepan, over very low heat, gently warm the cream.
2. Add the diced Époisses cheese (you can leave the rind on, it will melt gently too).
3. Continue to thicken over very low heat.
4. A few turns of the pepper mill (not too much), a light pinch of nutmeg (no salt, Époisses is already quite salty).

Some cheeses from Burgundy



Epoisses



Brillat-Savarin



Soumaintrain



Délice de Bourgogne



Goat cheese



Cîteaux Abbey



Délice de Pommard



Fromage fort



Comté



Pear in wine

Ingredients for 8 people :

- 8 Conference pears
- 75 cl of red wine
- 150 g de sucre
- sachet of vanilla sugar
- 2 cinnamon sticks
- 1 clove
- 1 star anise
- 1 pinch of nutmeg
- Citrus zest (lemon or orange)

Preparation :

1. Peel the pears, leaving the stem intact.
2. Pour the wine into a saucepan and place over high heat to boil the wine. Once the bottle is empty, add the cinnamon, cloves, star anise, citrus zest, pinch of nutmeg, vanilla sugar and sugar.
3. Once boiling, add the pears and reduce the heat to medium, then wait for the wine to cool again.
4. Once boiling, cover and let boil for 15 minutes.
5. After 15 minutes, gently turn the pears over to brown them on the other side and to ensure even cooking, and let them boil again for 15 minutes.
6. The pears are ready, carefully remove them from the wine and place them in a salad bowl.
7. Remove the spices.
8. Reduce the juice until it becomes syrupy, then let it cool.
9. Pour the juice over the pears and put the salad bowl in the refrigerator until serving.

Advice :

Choose firm pears that will hold up during cooking.
Choosing a wine with a high tannin content will only make it better.
Serve this dessert chilled.



Panna cotta with Flavigny Anise

Ingredients for 6 people :

- 40 cl of full liquid cream
- 20 cl of whole milk
- 2 to 3 sheets of gelatin
- 120g of "Anis de Flavigny" candies

Anis de Flavigny are sweets made in Flavigny-sur-Ozerain in Burgundy. Each candy is made of a green anise seed coated in flavored sugar syrup: anise, violet, rose, mint, licorice, orange blossom...

Preparation :

1. Soak the gelatin sheets in a small bowl of cold water to soften.
2. In a saucepan, gently heat the heavy cream, milk and aniseed candies until they are completely melted (stirring regularly) and the mixture reaches a boil.
3. Remove the pan from the heat, add the drained gelatin, and stir until it has completely melted.
4. Pour the panna cotta into small pots, ramekins or glasses. Let cool to room temperature then place in the refrigerator for half a day.
5. Enjoy the chilled panna cotta topped with a red fruit coulis (blackcurrant, strawberries, raspberries)

Advice :

For your coulis, don't hesitate to stop by Parfums de Terroir in Taizé!



Nonnettes with custard and blackcurrant sorbet

Ingredients for 6 people :

- 6 orange-flavored nuns
- 50g of sugar
- 50cl of skimmed milk
- 1 vanilla bean
- 1 tablespoon of cornstarch
- 4 egg yolks
- Sorbet cassis

The nonnette is a small cake made from gingerbread, filled with orange marmalade and lightly coated with honey.

Preparation of the custard:

1. Bring the milk to a boil, having first immersed the vanilla pod, split lengthwise.
2. Let it steep for 10 minutes
3. Remove the vanilla pod and scrape out the seeds, then dissolve them in the milk.
4. In a second saucepan, whisk the egg yolks and sugar vigorously until the mixture turns white.
5. Gradually incorporate the milk and whisk until the cream is smooth.
6. Add the cornflour and heat the mixture over medium heat.
7. Stir constantly until the cream thickens (do not boil).
8. Remove from heat and whisk vigorously.
9. Keep refrigerated.

For service:

1. Pour two generous tablespoons of custard
2. Place the nun on the cream
3. Add a scoop of blackcurrant sorbet

Advice :

For blackcurrant sorbet, don't hesitate to stop by Parfums de Terroir in Taizé!



Honey cake

Ingredients for 4 to 6 people :

- 2 eggs
- 130 g de sucre
- 10 cl of milk
- 100g of melted butter
- 125 g of flour
- 1/2 packet of yeast
- A few pinches of cinnamon
- 4 tablespoons of honey

1 x 20cm springform pan

Preparation :

1. Preheat the oven to 180°C
2. In a bowl, mix the eggs, sugar, milk and melted butter.
3. Incorporate the flour, yeast, cinnamon and mix well.
4. Pour into the mold.
5. Bake for 30 minutes.
6. About 10 minutes before the end of cooking, drizzle with 2 tablespoons of liquid honey.
7. Drizzle with two more tablespoons of honey when you take it out of the oven.
8. Allow to cool before serving.

Côte Chalonnaise

& Côtes du Couchois

