

GASTRONOMY OF AVEYRON

SLIDE 1 : INTRO

Hi everybody, today we are going to talk about a region of France not far from here, named Aveyron

And I'll start with the gastronomy of this region

SLIDE 2 : ALIGOT

Something very famous there it's the Aligot Sausage.

It's a mix with bread, cheese and mashed potatoes

It's a traditional culinary speciality from Aveyron

It was created by monks and they gave it to the pilgrims who were doing the path of San Santiago de Compostela

SLIDE 3 : ROQUEFORT

Now I'm going to talk about a French cheese le Roquefort !

It's made of raw sheep's milk

It dates back from the 19th century

And the blue on the cheese it's mold and to obtain it the cheese must stay in a cave with 80% of humidity and 10 degrees

SLIDE 4 : FARCOUS

Now let's continue with the Farçous of Aveyron

It's made of, bread, sausage, onion, garlic, milk, eggs and some herbs

It can also be vegetarian and it's tasty too

SLIDE 5 : GATEAU À LA BROCHE

Now for the last one we are going to talk about le Gâteau à la broche

It's very impressive because of its shape as you can see here

It's cooked over a wood fire on a brooch which must turn during the cooking

And while it's turning you have to put the preparation on it

And it's of with : sugar, flour, eggs, butter, salt, rum

And it takes almost 4h to do it