



ENJOY
AN INIMITABLE TASTE!



PRODUCTS
&
RECIPES



100 | companies

450 | products

17,000 | jobs in Normandy



Since 2003,
the **Norman collective** brand
'**SAVEURS DE NORMANDIE**' is a marker
of guarantee and authenticity and commits
to essential **values**:

ORIGIN

Traditional or innovative products, made in
Normandy preferably with local ingredients.

QUALITY

Products made according to traditional know-how
and good manufacturing practices.

TASTE

Products tasted and approved by a consumer
panel (appearance, smell, texture and flavour).

EMPLOYMENT

Agricultural and food processing companies
creating jobs and boosting Normandy's economic
development.

When you select products
labelled 'SAVEURS DE NORMANDIE', you make
the choice of **quality, diversity** and **balance** of
Normandy so as to live tasty, healthy
and varied moments!



The 'SAVEURS DE NORMANDIE' hallmark
is awarded by AREA Normandie (the regional
food industry association) and is audited
by an independent agency.

Richness of dairy products...

Normandy's reputation has been forged by 6 products with protected designation of origin (AOP) status: Camembert de Normandie, Livarot, Neufchâtel, Pont-l'Évêque, Isigny cream and butter, and other traditional or innovative dairy products: yoghurts, dairy desserts, creams, fermented milk and so on.

... Our recommendations

For a pronounced flavour, opt for an PDO cheese that is soft to the touch and consistent in colour with no marks or bruises.

This type of cheese is best enjoyed when perfectly ripe! Try it cold, by itself or with some good country bread, an apple or dried fruit, or taste it warm, baked, in a soufflé, a croque-monsieur, an omelette or a gratin, or in a sauce, on toast or in a salad.

Treasures from the sea and rivers...

Normandy has 600 km of coastline and is well-known for its plentiful fishing: herring, sole, mullet, bass, turbot, whiting and mackerel. It is the main region for scallops, whelks, mussels and oysters.

... Our recommendations

The most important quality for fish, shellfish and crustaceans is freshness. Shells should be closed. Crustaceans should be alive. Fish should shine and have bright eyes, red gills, firm fins and bodies, and shiny scales.

Fish may be seared, steamed, cooked in a court-bouillon, roasted, fried, poached, or cooked en papillote. Shellfish may be enjoyed raw or cooked, à la marinière, roasted, grilled, stuffed or poached.

Flavour of meats...

Normandy is a major livestock farming area, renowned for its quality produce: beef, pork, lamb, poultry and rabbit, along with some well-known specialities such as Andouille de Vire, Mortagne black pudding, ham from La Manche, Saucisson du marin dried sausage, Caen-style tripe, Rouen duck and much more!

... Our recommendations

Traceability procedures mean you can be sure of the identity, race, origin and age of the animal. Norman beef is marbled – a sign of quality.

To reveal all its flavour, the beef should be left to mature. Select the most appropriate cooking method: seared, roast or grilled for choice, tender pieces (quick cooking), and stewed, braised, confit, poached or boiled for others (slow cooking).



Garden fresh....

Enjoy some healthy indulgence with Normandy's wide variety of fruit and vegetables: apples, pears, lettuces, cabbages, leeks, onions, turnips and carrots, as well as innovative products such as ready-to-serve salad and other vegetables, soups, purées and more!

... Our recommendations

The best root vegetables (e.g. carrots, turnips, celery) have fresh green leaves and fine skin; lettuces, cabbages and spinach should have fleshy leaves, while stems (e.g. asparagus, leeks) should be crisp and fresh.

Enjoy raw or cooked with a carefully chosen seasoning. Grilled, boiled, steamed, en papillote, slow cooked or fried in a wok. They retain all their flavour and vitamins if cooked (but not overcooked) at the last minute.



Apple juice and other drinks...

Normandy's orchards give us some wonderful apple products such as cider, poiré, Pommeau of Normandy, AOC Calvados and, of course, the finest farm apple and pear juice.

... Our recommendations

Explore the different flavours of ciders from Pays d'Auge, Cotentin, Pays de Caux or Le Perche, and of Domfront poiré.

- Cider and poiré can be served chilled with sweet or savoury dishes.
- Pommeau of Normandy makes an ideal aperitif, or goes well with foie gras or desserts.
- Enjoy Calvados with coffee, a piece of Livarot cheese or chocolate. A young Calvados can also be enjoyed chilled in cocktails.

Tasty Norman treats...

Normandy manufacturers offer an array of specialties, including Norman shortbread and other biscuits, chocolates, toffees, madeleine cakes, fruit and milk jams, honeys, and the famous teurgoule (cinnamon rice pudding).

... Our recommendations

For breakfast or an afternoon snack, break up Normandy shortbread or biscuits for a tasty change to cereal.

Grate your Isigny toffees on top of ice cream, cakes and cream desserts. If they're soft, melt them in milk, coffee or hot chocolate.

Normandy honey is the ideal addition to meat and vegetable dishes.

Serves 1



Normandy Shake

INGREDIENTS:

4cl Calvados
2cl pear liqueur
8cl Norman apple juice
1cl cinnamon syrup

DIRECTIONS:

Put all the ingredients into a cocktail shaker with ice. Give it all a good shake. Pour through a strainer into a long glass filled with ice cubes.

Serves 4



Mini blinis with Normandy scallops, black pudding and cider

PAULO FERREIRA

Lycée Jean Monnet (MORTAGNE AU PERCHE)



16 bite-sized pieces



25 min



20 min

INGREDIENTS:

8 Normandy scallops
4 shallots
60g Isigny PDO butter
15cl dry Normandy cider
10cl AOC Calvados
25cl Isigny PDO cream
50g Mortagne black pudding
16 mini blinis
2 apples
2 tablespoons of cider jelly

DIRECTIONS:

Finely chop the shallots and dice the peeled apples. Heat some butter in a frying pan and soften the shallots and apples. Flambé in the Calvados, pour over the dry cider and leave to stew for five minutes. Add the cream and bring to the boil. Blend and keep warm.

Slice the scallops into two horizontally. Sear them for 30 seconds on either side then deglaze with the cider jelly. Season.

Toast the blinis, top with a small piece of black pudding, then the scallops and the stewed apples.

Ideal cider: Cider from Bessin

 Serves 6



Neufchâtel cheese and Andouille de Vire sausage with tangy caramel

GILLES POUDRAS

Manoir de Hastings (CAEN)



INGREDIENTS:

1 PDO Neufchâtel cheese
1 sour green apple
150g Andouille de Vire
170g flour
170g potato starch
40g yeast powder
36cl cold water
150g sugar
30cl sweet PGI Normandy cider
2 endives (chicory)
1L oil for frying

DIRECTIONS:

Mix the flour, starch, yeast powder and water to make the tempura. Keep cool. Caramelize the sugar in a saucepan, deglaze with the cider and reduce to obtain a thick syrup. Keep cool. Dice the Neufchâtel and mix with the Andouille and the diced apple. Make small balls of this mixture. Heat the oil to 190°C. Soak the meat balls in the tempura one by one, and plunge them into the hot oil as you go along. Fry until golden. Chop the endives and mix with pieces of green apple, then place the tempura on top and coat with the caramel deglazed in cider.

Ideal cider: Cider from Pays de Caux

 Serves 4



Ballotine of stuffed chicken, Isigny cream and Calvados

CATHERINE COIFFARD

Le Faisan Doré (ARGENTAN)



INGREDIENTS:

1 Normandy chicken
2 Normandy apples
500g of button mushrooms
25cl Isigny PDO cream
1L of chicken stock
AOC Calvados
Salt and pepper

DIRECTIONS:

Remove the bones from the chicken. Dice the apples and mushrooms, then soften in the butter and flambé in Calvados, season and mix well. Slit the chicken pieces in the middle to open them up, season and stuff with the apples and mushrooms. Roll them in cling film to form a sausage shape. Boil the poultry stock, then cook the chicken rolls in the stock for 15 minutes.

For the sauce, fry a few mushrooms, flambé, add some of the poultry stock and some cream, then season. On a plate, cut the chicken rolls at an angle and pour over the sauce.

Ideal cider: Medium dry PGI Normandy cider

Serves 4



Vegetable and Pont-l'Evêque pastry crisp

LES TOQUES REBELLES

Groupe Rougereau (CAEN)



INGREDIENTS:

1 small PDO Pont-l'Evêque cheese
4 chopped Créances leeks
200g finely chopped mushrooms
100g Isigny PDO butter
8 sheets of filo pastry
2 chopped shallots
1 glass of dry PGI Normandy cider
100g Isigny PDO cream
Salt and pepper

DIRECTIONS:

Soften the leeks and the mushrooms in butter, then season well. Cut two strips of filo pastry, measuring 20 cm long and 10 cm wide. Brush with melted butter then bake, wrapped around a 2.5-cm diameter stainless steel tube for 8 minutes (180°C).

Fry the chopped shallots in butter, pour over the cider and cream.

Cut the Pont-l'Evêque into small pieces then add to the pan and melt over a gentle heat. Mix, sieve, bring to the boil and adjust the seasoning to taste. Fill the filo pastry sheets with the vegetables and pour over the sauce.

Ideal cider: PDO Cotentin Cider

Serves 4



Apple and salted caramel charlotte verrine



JOHAN BALCERZACK & HIS TEAM

Le Beauclerc (VERNEUIL-SUR-AVRE)

INGREDIENTS:

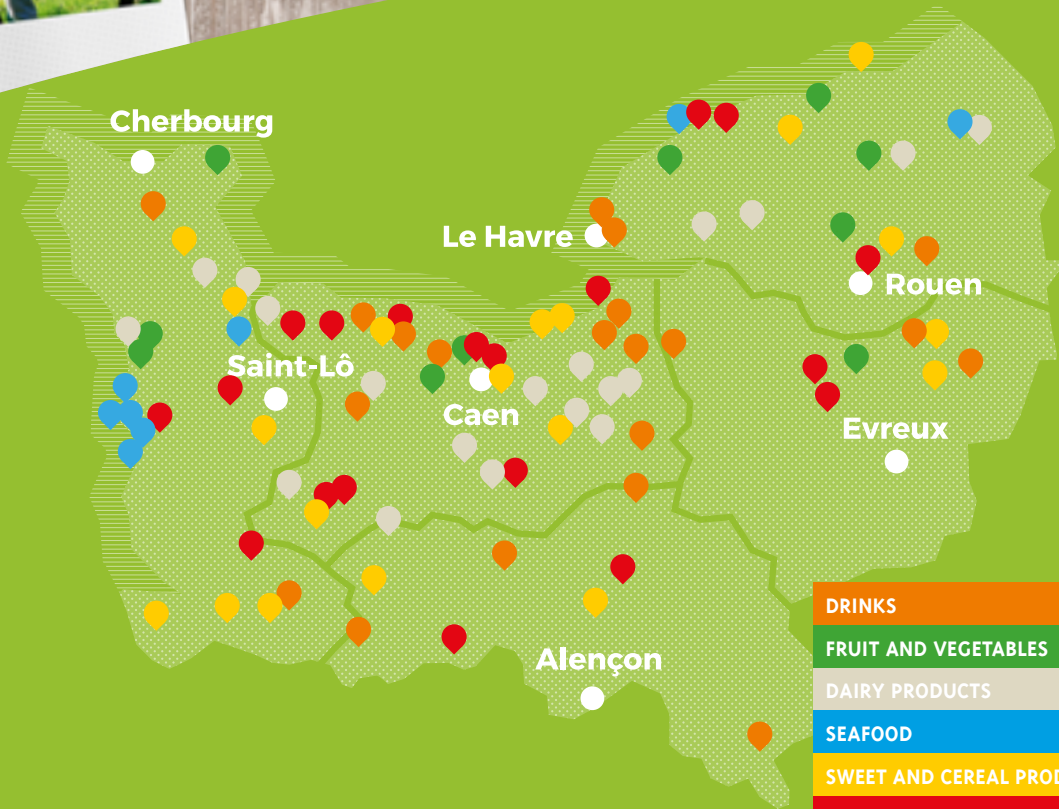
500g Normandy apples
200g sugar
10cl of Normandy single cream
50g Isigny PDO semi-salted butter
16 sponge fingers
1 pot of Normandy soft curd cheese

DIRECTIONS:

For the syrup, add 50 of sugar to a saucepan, then add about 5 cm of water and warm over a gentle heat. Peel and core 2 nice apples and cut into half quarters. Cook in the syrup for 10 minutes. Once the apples are cooked, drain and set the syrup aside. Add 150 g of sugar to a saucepan and moisten with the water, warm over a gentle heat then bring to the boil to obtain a caramel colour. Slowly add the single cream and reduce for a couple of minutes before adding the diced butter. Mix and leave to cool.

Soak the sponge fingers in the syrup and place four upright in each verrine. Add a few pieces of apple to the bottom of the verrine, then add the soft curd cheese, then repeat the layers, finishing with the apple. Place in the refrigerator and add the warm salted caramel when serving.

Ideal cider: Ice cider



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FOR YOUR HEALTH, DO EAT AT LEAST FIVE FRUITS AND VEGETABLES EVERY DAY! WWW.MANGERBOUGER.FR