

# COUNTRY LIFE.CO.UK

## FOOD AND DRINK



Nature \* Pursuits Nature \* Property Pursuits \* Rural Country \* Country

### SECTIONS

Home: Country

Shop

Book Reviews

Classifieds

Food & Wine

Art & Architecture

Antiques & Crafts

### THE MAGAZINE



**SUBSCRIBE TO COUNTRY LIFE: SAVE UP TO 45%**

Renew subscription

In this issue

Next week's issue

Find your nearest Country Life stockist



You are in: [Home](#) / [Country Life](#) / [Food & Drink](#) / ...

### Walnuts

Walnuts are delicious, versatile, and are at their best when combined with other foods from the Dordogne, finds Leslie Geddes-Brown.



When you have a talented chef to yourself, as a group of us did at the delightful Domaine de Foncaudière in the Dordogne, you learn a lot. We all agreed that the food that comes from a particular region seems to combine in a magical way. The Dordogne is in south-west France, the area that cooks with goose fat, unlike the butter of the north and the olive oil of the Mediterranean.

As well as huge industry in foie gras, from local ducks and geese, it has acres of walnut trees, lined up in typically French fashion together with plums, which are dried into the famous pruneaux d'Agen. Our chef, Vlado, made the most delicious French onion soup which was laced with broken walnut pieces, and we had an excellent cheese with added walnuts.

These nuts are a fine ingredient: their oil makes a terrific salad dressing and they are also used to make vinegar. The region also produces liqueurs made from them. I throw walnuts into salads, omelettes and risottos and they are good in an orange-and-walnut salad—with duck, of course. Use them, too, in a dessert pie, like pecans. Goose fat makes the most wonderful roast potatoes and is as good for frying as its counterparts butter and olive oil.

The prunes can be stuffed with walnuts and added to beef stews together with more walnuts, broken or pickled. Then finish with a walnutty cheese. Jeanne Strang and Paula Wolfert have both written excellent books on south-west French cuisine and [www.dddirect.co.uk](http://www.dddirect.co.uk) imports food from Dordogne.

Le Domaine de Foncaudière is available for rent from £8,295 per week (maximum 20 guests). For further details, contact A&K Chapters: [www.akchapters.com](http://www.akchapters.com); 0845 0700618.

### SUBSCRIBE TO COUNTRY LIFE - GET 13 ISSUES FREE!



This article was first published in Country Life. Would you like to read more like it?

#### What you get when you subscribe:

- 13 Issues free »
- Premium properties and property news »
- The cream of country homes and gardens »
- Events and commentary »

UT

Su

Art

Re:

Pic

We

Ne

For

SE

.

—

.....

.....

.....

.....

.....

.....

SEI

Co

Bo

.....

Ad:

Co

Ter

Co

Pri

For

Us

Ad:

.....

SI:

Th

Ho

Sh

De