

Bon appétit

Flavours of France



TASTE OF PÉRIGORD

Turn over to learn how to make these flavoursome lamb keftas

MINI-KEFTA WITH PÉRIGORD LAMB

Try this delicious Moroccan-French fusion from chef **Charlie Ray** at Bergerac's Le Vin'Quatre

Translation and foreword: Paola Westbeek

Created by Le Vin'Quatre's chef Charlie Ray, this aromatic dish of lamb kefta and couscous salad merges Moroccan and French cuisine with its bold flavours and use of local ingredients – in this case, Périgord's succulent lamb. "We try to incorporate different flavours from around the world, and I enjoy making classic dishes with a modern twist," says Charlie.

The couscous (one of the most popular foods in France as a result of the influx of Maghreb immigrants) in this delicious fusion recipe is seasoned with fragrant spices such as coriander and ginger. Lemon is added for freshness, while a coulis made from sultanas provides a sweet touch to the dish.

Choosing a wine from the area local to the restaurant, a red Montravel with intense aromas will be the perfect pairing for this dish. Or alternatively, opt for a more refreshing Bergerac rosé.

1 Boil the water and dry white wine with a tablespoon of ground coriander, a tablespoon of ground cumin and a teaspoon of ground ginger.

2 After boiling, pour the mixture over the semolina in a salad bowl and set aside for five minutes.

3 Using a fork, combine the semolina with some of the fresh coriander and half the lemon juice. Set aside.

4 In a saucepan, gently heat the sultanas and red wine until the sultanas have softened. Use a stick blender to make the mixture into a coulis.

5 Combine the minced lamb, breadcrumbs, a tablespoon of ground cumin, a tablespoon of ground coriander, the rest of the lemon juice, the egg yolk, chopped fresh coriander and a pinch of salt and pepper.

6 Shape the mixture into 10 ovals (kefta) of approximately 3cm and thread them onto mini-skewers.

7 Heat a little olive oil in a frying pan and cook the kefta for one minute on each side.

8 Divide the prepared semolina over small dishes and top each portion with some of the sultana coulis and a kefta skewer.

Ingredients

Serves 10

Preparation time: 20 minutes

Cooking time: 15 minutes

- 200ml water
- 40ml dry white wine
- 2 tablespoons ground coriander
- 2 tablespoons ground cumin
- 1 teaspoon ground ginger
- 160g semolina
- Fresh coriander, chopped
- Juice of 1 lemon
- 150g sultanas
- 200ml red wine
- 250g minced lamb
- 50g breadcrumbs
- 1 egg yolk
- Salt and pepper
- Olive oil, for cooking



Recipe courtesy of chef Charlie Ray, Le Vin'Quatre (levinquatre.fr). Pictured above: Mélanie Legrand and Charlie Ray of Le Vin'Quatre.

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for the inside scoop on Périgord's gastronomy scene