



Gastronomy

THE RAMEQUIN

The 'ramequin' is a semi-skimmed cow milk cheese which is melted in hot water seasoned with pepper and garlic.



From the XIXth century (even before probably), to the end of the second World War, the ramequin used to be made by the farmer's wife in every farm in the Canton. She used to extract the cream from the milk with a spoon to make butter for the family - and also to sell some lumps of butter at the market. That skimmed milk curdled within 24 hours. Once it had become solid, it was put into cheese strainers with the help of a ladle.

Each farmer's wife had her own secret recipe. As a rule, the small cheeses were left to dry on little baskets hanging from the ceiling for about 10 days and turned over every day. If mould appeared on the surface of the cheese, it was washed and scraped off. Then the cheese was put into a stoneware pot for a period of 8 days. This operation (washing-scraping off) was regularly repeated during a period of 3 months.

The maturing cheese gradually turned a beautiful light ocre and became deliciously smelling and tasting, neither too strong nor too bitter. Fully ripe, it then could be cooked.

Recipe for 4 persons / 8 ramequin cheeses

cut the cheese into slices

melt 60g of butter with a finely minced clove of garlic

brown the cheese over a slow heat in a fondue dish

add the slices of cheese and mix them with tepid water

make it thinner according to your taste then add pepper

don't forget the bread ! (preferably stale...)

> Trick of the Trade : if you find the ramequin too strong, add a touch of double cream (!)



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Other Specialities

The Cream or Sugar Galettes

Cooked in wood burning ovens during the traditional Festival of the Ovens, the local pies and galettes have an inimitable flavour, worthy of the well known hospitality of the Bugey inhabitants.

Oil Mill in Conand

from January to March : traditional production of walnut oil.

Bugey Wines

Labelled as AOC wines (French label guaranteeing the quality of wines), the Bugey wines have won acclaim through years.

White Wines : Chardonnay, Roussette, Mondeuse, Jaquère and Pinot gris

Red Wines : Gamay, Pinot noir, Poulsard or Mescle.

