

# French wines

France is home to an incomparable choice and diversity of wines and each of the vineyards has its own story to tell. To help you choose your perfect wine they can be divided in to 'families'.

To really know a wine you need to know its 'terroir', an utterly French alliance between a vine and the region that produces it. From getting to know a region to building up your cellar, there is a wine for all occasions!

## LIGHT, LIVELY AND FRUITY

Found: Atlantic Ocean climates ie Bordeaux, Loire, South West, Charentes  
*Main Grape Varieties: Muscadet, Chenin, Sauvignon, Chardonnay, Semillon, Colombar, Muscadelle*

## POWERFUL, SMOOTH, AROMATIC WHITES

Found: Mediterranean – Provence, Languedoc, Burgundy, Corsica, Savoie  
*Main Grape Varieties: Chardonnay, Pinot Gris, Marsanne, Roussanne,*

## SWEET WHITES, COMPLEX, INTENSE, TOASTY

Found: Loire, South West, Alsace, Bergerac, Jura  
*Main Grape Varieties: Semillon, Riesling, Gewurztraminer, Chenin.*

## LIGHT, LIVELY, AROMATIC ROSES

Found: Provence, Languedoc, Rhone, Sancerre, Touraine  
*Main Grape Varieties Pinot Noir, Gamay, Syrah, Cinsault, Grenache*

## LIGHT, FRUITY, VELVETY REDS

Found: Burgundy, Beaujolais, Loire, Savoie, Alsace  
*Main Grape Varieties: Pinot Noir, Gamay, Cabernet Franc*

## POWERFUL, FULL BODIED REDS

Found: Bordeaux, Bergerac, South West  
*Main Grape Varieties: Cabernet Sauvignon, Merlot, Tannat and Cot*

## FLESHY AROMATIC REDS

Found: Provence, Languedoc, Rhone,  
*Main Grape Varieties, Syrah, Grenache, Mourvedre, Cinsault*



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# Normandy Cuisine

## Fricassee guinea fowl with Calvados.

### Ingredients:

1 guinea fowl  
 30g flour  
 125g mushrooms  
 500g potatoes  
 500g apple  
 1 carrot, 1 leek,  
 1 onion peeled and cut  
 10cl cream  
 1 egg yolk  
 10cl calvados  
 Salt & Pepper  
 butter  
 Garnished bouquet of herbs, eg  
 parsley peppercorn thyme bay  
 leaves.

### Recipe:

Ask your butcher to cut the guinea fowl into several portions but to keep the carcass whole.

### The White sauce

In a saucepan, rinse out the carcass with the carrot, the leek, and the onions. Fill the saucepan with cold water and then increase the temperature to boiling. When the water begins to boil, reduce the flame to the minimum possible for 30 minutes. During this time, put the portions of guinea fowl into a pot with a little bit of butter, but not so much as to cover the fowl. Add the flour and cover with calvados. Sprinkle the ensemble with the herbs from the bouquet. Then leave the sauce to cook for 30-45 minutes. Cut the potatoes and apples into tiny cubes and then put them into separate frying pans and keep them at a high temperature. Do the same with the mushrooms.

Once ready, add the sauce to the carcass, using a little bit of cream. Put the temperature to boiling and, separately, mix the egg yolk with some cream. When mixed, add this to the rest of the ensemble and add the mushrooms. Serve on a flat dish with the guinea fowl carcass in the middle, and the sauce surrounding it.

## Pommes au Camembert

### Ingredients:

2 Norman apples  
 4 slices of country bread  
 Half a slice of camembert  
 30g butter  
 Pepper

### Recipe:

Switch the oven on to Gas Mark 7 and grill the bread slices. Then cut the apples in two and scoop out the pips and stem. Put the two apples on a dish and cover them with butter before placing them in the oven and leaving them for about 10 minutes.

The next step is to cut off the crust of the camembert and cut the cheese into four. Once the apples are cooked, take them out of the oven and place them on the grilled bread slices. Slide the camembert into the centre of each. Put them back in the oven and leave them to melt for 2/3 minutes before taking them out. Lightly pepper them.

## Pork in an apple and cider cream sauce

### Ingredients:

4 boneless pork loin chops  
 3 tablespoons of butter  
 2 tablespoons calvados  
 1 cup of dry cider  
 ½ cup of chicken stock  
 3 medium tart-sweet apples, cored, peeled and sliced into eighths.  
 2 shallots, finely chopped  
 6 oz sliced mushrooms  
 2 Tablespoons of plain flour  
 ½ cup crème fraiche  
 Salt and freshly ground black pepper

### Recipe:

Preheat the oven to 350F. Melt the tablespoon of butter in a large casserole. Then season the pork with salt and pepper. Sauté the meat until its golden on both sides. Stir in the Calvados, cider and stock before adding the apple slices and placing in the oven. Cook for about 20 minutes and transfer the meat and apples to a warm serving platter. Cover to keep it warm. Melt the remaining butter in a saucepan and add the shallots and mushrooms. Then sauté for 4-5 minutes, stirring frequently. To finish, stir in the cooking liquid and let it simmer for 5 minutes.

To serve, slice the meat and coat with some of the sauce. Put the rest in a separate bowl.

