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FrenchEntrée.com  
Lot and Quercy

Lot and Quercy life

### Salut Mes Amies!

Welcome to the late winter treats of the glorious Quercy. Foremost among winter indulgences in this famously gastronomic region must naturally be the truffle. Now is the time for it, the prices are a little lower in the late season, 800 euros a kilo last week, but that's quite reasonable! If you feel the desperate urge to indulge in this edible delight, Lalbenque is the place to be. Every Tuesday afternoon at 2.30, from November to early March, the village is closed for the truffle market. It will be freezing, so dress warmly, it will be chaos, so be prepared, but it will be an experience you'll never forget and, provided your wallet is fat enough, you should come away with a rare little nugget to reward you for your endurance.

Now you need something to accompany the star of the show. Assuming you don't have a whole foie gras at your disposal, the classic, quick lunch or supper dish for a fresh truffle is the delicious Omelette aux Truffes, accompanied by a crisp green salad, some fresh crusty bread from the afternoon baking at your local boulangerie and a jug of good red wine. A 2003 Cahors I would suggest. If you've never made this recipe I've added it to the food and drink section this month.

The other classic dish is a Pork Roti. A rolled loin of pork studded with slivers of fresh truffle. Cook it in exactly the same way as the Pork Roti with honey and walnuts, but leave out the garlic and whatever you do don't throw away the juices, they make the most sumptuous sauce.



Another winter treat that the Quercynoise are extremely fond of are fresh Oysters. They're traditionally eaten at New Year and on New Years Eve the market stalls are piled high with hundreds of boxes of them, straight from the Atlantic ports south of Bordeaux and sold by half-frozen fishermen with red-raw fingers. Even now, a month later, there are still copious amounts sold in every market and on the menu at every little restaurant, bar and café. Like truffles they are only available at this time of year, but unlike truffles they cost no more than a few euros a dozen. Eaten raw of course, with a little lemon and some fresh bread. The waiter in my favourite little café insisted on my stopping for a few the other day. I was in a frantic hurry as I had a dinner party to prepare, but he claimed I had time for half a dozen oysters and I'd need the strength that afternoon. What's more they'd improve my love life, he told me, giving me a nudge that nearly knocked me into my café crème. I wasn't quite sure how he knew and decided it may not be prudent to ask, but I succumbed to the lure

anyway. I can't quite vouch for his claims, but I thoroughly recommend the oysters!

Bon Appetit!

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**What's New on FrenchEntrée-LotandQuercy.com?**



### Registering a Car in France - A Cautionary Tale

We moved to France in August 2004, bringing our trusty VW Passat with us. It was taxed in the UK until the end of the year and knowing that we were allowed to use it in France for the first six months, re-registering was not top of the priority list... [Registering a Car.](#)



### Truffle Omelette - The Classic Omelette aux Truffes

This is a classic recipe, extremely simple and perfect for supper on the day you manage to buy – or find – your first fresh truffle. Truffles have a pungent aroma that permeates the eggs beautifully, even through the shells... [Truffle Omelette.](#)



### Holiday Accommodation - Now with on line Availability Chart

Now that Christmas is over it's time to start planning for next year's holiday. If you want to book weeks in high season, you need to be quick as many of our properties are already booked for the school holiday period. Find out which properties are still available by checking our [Availability Chart](#), or go straight to the [Holiday Accommodation Pages](#).



### What's New on the Discussion Forum?

Our FREE classified ads section has English/French furniture for sale, a Mazda van for sale - we even have someone selling web space! Read the latest postings on Building and Renovation and what it takes to pass your Driving Test in France. Find out how you can get involved in the FrenchEntree-LotandQuercy site, and much more... [Discussion Forum.](#)



### On the Pilgrim Trail to Santiago de Compostela

The ancient city of Cahors in the south of France lies on the famous pilgrim trail to the shrine of St. James in northwest Spain. Many people still walk the route today, wearing a scallop shell around their necks – in French a *coquille St. Jacques*. [More...](#)



### The Perigord Black Truffle - Rent Your Own Truffle Oak

Périgord truffles (*Tuber melanosporum*), known as Black Diamonds due to their high price and rarity, are perhaps the most sought after culinary product in the world...

[More...](#)



### Properties For Sale

Looking for a dream home in the Lot and Quercy? Start your search here for properties in the Lot, Lot et Garonne and Tarn et Garonne regions of France. Across this region the database contains over 100 properties ranging from restoration projects at 45,000 euros up to Chateaux at over 1.5 million. But, which properties are the most popular and sought after?

In the last month, the properties in this region have been viewed over 5,000 times by our site visitors. Looking in more detail reveals that 20% of the properties listed receive over 50% of the views. These most popular properties were viewed an average of 120 times each and had an average price of 150,000 euros. Most of the popular properties are of stone construction, many requiring some renovation work but with a mix of newer properties. [Property for Sale](#)



### Property Buying Guide

Planning a French property purchase? Know what to look out for and how much it's going to cost? Our Property Guide pages are packed with useful information, hints and tips to help you find your "Place in the Sun". [Property Guide](#)



### Food and Drink

Find out all about the fabulous products of the region and try out some of our regional recipes. Did we mention the wine? There is so much to say about the "Black Wine of Cahors" that we had to start a new section of the site to fit it all in! [Food and Drink](#)



### The Black Wine of Cahors

The greatest undiscovered French wine? Older than Bordeaux and with a reputation for darkness and strength it is the only French red wine to harness the power of the Malbec grape.

[Cahors Wine](#)

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### Sponsored Links



#### Cahors Gourmet Wine Tours with Michael Sanders

Join us for a spectacular week, a luxurious off-the-beaten path experience to learn hands-on about great French wine and food, meeting the families of the vine and their *terroir*. Sumptuous Cahors red wines, local foie gras and other specialties. An intimate week in France's last undiscovered wine region located near Bordeaux in southwest France. [Cahors](#)

[Wine Tours](#)



#### Comfortable 2 Bedroom Gite (sleeps 4) - Lot Valley

Les Gardiens - A delightful two bedroom gite set in 17 acres of rolling woodland a couple of minutes drive from Prayssac on the borders of the river Lot. The house is centrally heated throughout and available all year... [Les Gardiens Gite](#)



#### House, Garden and Pool Cleaning, Cahors

Providing a range of services in the Cahors area ranging from housekeeping, house cleaning services, pool maintenance, garden care & grounds maintenance, to dressing your property for sale. Carroll Property Services caring for your Home away from Home.. [Carroll Property](#)

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