



BOOKLET

2

12 Recipes

with

Selles-sur-Cher AOP cheese

Pressed preserved tomatoes and courgettes with Selles-sur-Cher

Difficulty: easy

Preparation time: 35 minutes

4
people

Ingredients

8 to 10 Preserved tomatoes

300 g of Leek whites

5 cl of Double cream

2 Fresh Selles-sur-Cher

1 courgette

Chives, finely chopped dill

Fine salt and freshly milled
white pepper

- Strain the preserved tomatoes
- Prepare the leek whites, cutting them up into thin slices
- Dissolve the sliced leek whites without colouring them; leave them to cool
- Cut the courgettes into thin slices and sautee them in butter
- Prepare the Selles-sur-Cher, crushing it and lightening it with a little cream
- Line a terrine with clingfilm, then with slices of sauteed courgette
- Fill the terrine with successive layers, spreading Selles-sur-Cher between each layer
- Close the terrine with the clingfilm and leave in the fridge with a weight on top
- Prepare a tomato coulis flavoured with dill and chives
- After leaving in the fridge for a while, cut the terrine into slices
- Arrange two slices on each plate, add decoration and a drop of coulis.



Our sommelier advises: White or Rosé - AOC Chevrny

Asparagus and crayfish charlotte with Selles-sur-Cher

Difficulty: **easy**

Preparation time: **25 minutes**

4
people

Ingredients

1 tins ½ White asparagus (PicNic)

150 g of Crayfish tails

150 cl of Single cream

1 Fresh Selles-sur-Cher

1 Sheet gelatine (2 g)

Chives, finely chopped dill

Fine salt and freshly milled white pepper

- Strain the asparagus at least an hour before preparation
- Lay the asparagus inside 4 pastry rings 7 cm in diameter
- Finely dice the rest of the asparagus and the crayfish
- Soften the gelatine sheet in cold water
- Dissolve it in two spoonfuls of hot single cream
- Whip the cream until it is stiff
- Gently add the Selles-sur-Cher cheese to the whipped cream
- Set aside some diced asparagus and crayfish for decoration



- Add the diced asparagus and crayfish to the charlotte cream
- Add the finely chopped herbs, mix gently, season, and pour into the middle of each ring
- Cover with diced asparagus and crayfish and leave to stand in the fridge (for around 5 hours)
- Before serving, remove the charlottes from the rings and arrange them on a bed of shellfish coulis.

Our sommelier advises: White or Rosé - AOC Cheverny

Verrine of Selles-sur-Cher with beetroot foam

Difficulty: **easy**

Preparation time: **20 minutes**

Ingredients

200 g of Cooked red beetroots
250 g ½-sec Selles-sur-Cher
25 cl of Single cream
¼ bunch of Chives
¼ bunch of Dill
50 g of Shallots
Fine salt and freshly milled white pepper
Sichuan pepper

4 people

- Strain and cut up the beetroot, setting its juice to one side
- Mix the beetroot pulp and season it with Sichuan pepper, add the shallots and leave to stand in the fridge
- Make the ½-sec Selles-sur-Cher mousse (mixed cheese + whipped cream)
- Season and leave to stand in the fridge until you need to use it
- Lay quenelles of seasoned beetroot pulp in the bottom of a glass bowl
- Arrange quenelles of Selles-sur-Cher mousse harmoniously over the pulp
- Make the beetroot foam with a hand blender, using the juice you have set aside; season to taste
- Delicately top the verrine with the foam
- Decorate with dill shavings and sprigs of chives
- Serve very cold.



Our sommelier advises: White – AOC Cheverny

Salad Selloise

Difficulty: **easy**

Preparation time: **15 minutes**

Ingredients

8 to 10 Preserved tomatoes
1 Red oak leaf lettuce
20 Cocktail rillons
1 Andouillette
1 Dry Selles-sur-Cher
1 Fresh Selles-sur-Cher
10 cl of Single cream
1 Courgette
Chives
Balsamic vinegar
Fine salt and freshly milled white pepper

4
people

- Strain the preserved tomatoes thoroughly and cut them into strips
- Prepare, sort, wash strain and wring dry the red oak leaf lettuce
- Roast the andouillette in mustard, leave it to cool and cut it into slices
- Cut the courgette into tagliatelle shapes and sprinkle it lightly with lemon juice
- Make the vinaigrette (Selles-sur-Cher + Single cream + Balsamic vinegar)
- Wash and dry the chives and chop them up finely
- Arrange the various Salad Selloise ingredients on a bed of lettuce
- When you serve, accompany the salad with a sauce boat of vinaigrette
- Sprinkle with the chopped chives.



**Our sommelier
advises:**
Rosé - AOC Cheverny

Buffet among friends



Selles-sur-Cher cake

Mix diced Selles-sur-Cher, finely diced multicoloured peppers and crushed olives, mould in small terrines and cook in the oven at 180°C. Remove from moulds and leave to cool; cut into slices and leave in the oven for a few moments; serve warm.

Selles-sur-Cher squares with Chorizo

Crushed Selles-sur-Cher mixed with lightly whipped cream, shaped into little squares and coated with very finely diced dried chorizo.

Mini-Selles-sur-Cher cheeseburger

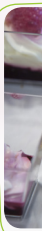
Mini-hamburger bun (or "navette" teacake) cut in two and garnished with thin strips of lettuce, sliced cherry tomatoes and a thin slice of grilled chicken breast beneath a slice of Selles-sur-Cher cheese. Put in the oven until the cheese begins to melt, put the top half on the bun and serve hot.

Exotic fruit and Selles sur Cher brochette with mango coulis

Diced Selles-sur-Cher alternating with diced exotic fruits (papaya, kumquat, etc.) wooden brochette stick, served on a small verrine of mango coulis (mixed pulp + syrup).

Cervelle Selloise

Crushed Selles-sur-Cher cheese lightly beaten with cream and flavoured with salt, pepper, chives and finely diced shallots, served in verrines accompanied by slices of traditional French bread, walnut bread, etc.



Fine-crusted cured ham and Selles-sur-Cher tart

Little discs of flaky pastry garnished with tomato compote (peeled tomatoes cooked in olive oil with finely diced shallots, salt, pepper and garlic cloves until the vegetable juices evaporate), strips of cured local ham and Selles-sur-Cher shavings, cooked in the oven at 180°C and served hot.



Selles-sur-Cher bonbons with honey and sesame seeds

Crushed Selles-sur-Cher cheese combined with honey and fresh cream and shaped into bonbons coated in sesame seeds.

Smoked salmon roulade with cream of Selles-sur-Cher

Crushed Selles-sur-Cher cheese combined with whipped cream and finely chopped sprigs of dill, on a thin slice of smoked salmon. Roll up, cover with clingfilm, and leave to stand in the fridge (or freezer); serve on toast, thinly sliced and set at a tilt.

Soft figs with Selles-sur-Cher mousse fillings

Semi-dried figs filled with Selles-sur-Cher mousse (crushed Selles-sur-Cher cheese combined with lightly whipped sugared cream, chantilly-style).

Selles-sur-Cher cheese mousseline on fried artichoke

Fried slivers of artichoke heart topped with a Selles-sur-Cher mousseline (crushed Selles-sur-Cher cheese + fresh cream, whipped into a chantilly texture without sugar).



Verrines of strawberry soup with Selles-sur-Cher chantilly

Sliced strawberries on a coulis (strawberry pulp + syrup), embellished with a rosette of Chantilly Selloise (cream whipped with sugar and Selles-sur-Cher cheese) and decorated with mint leaves and diced strawberries.

Selles-sur-Cher ravioli, basil and shellfish stock

Difficulty: **medium**

Preparation time: **45 minutes**

4
people

Ravioli pasta:

250 g of Flour

70 g of Eggs

Fine salt

Stuffing:

300 g of ½-sec Selles-sur-Cher

250 g of Peeled prawns

1 bunch of Basil

Fine salt and freshly milled white pepper

Cooking:

1L of Water or fish stock

0,5L of shellfish stock

- Make the ravioli pasta and leave to stand for about 30 minutes
- Dice the peeled prawns, and chop up the basil leaves
- Prepare the Selles-sur-Cher, crushing it, and make the ravioli stuffing by mixing the ingredients together
- Cut the ravioli pasta into discs using a fluted pastry cutter
- Garnish the centre of a first disc with the stuffing, and cover with a second disc
- Pinch the edges of each disc firmly together and leave to stand in the fridge

Ingredients



- Boil the water or ravioli cooking stock, season to taste
- Make the shellfish stock, pass through a fine sieve, and emulsify with the Selles-sur-Cher cheese
- Gently simmer the ravioli
- Remove them from the pan with a skimmer, strain them on absorbent paper and arrange them on a plate in a rosette pattern
- Pour the shellfish stock around them, decorate and serve piping hot.

Our sommelier advises: Light red - AOC Cheverny

Gourmet Selles-sur-Cher Casserole

Difficulty: **easy**

Preparation time: **25 minutes**

4
people

2 Shallots
2 Garlic (cloves)
1 tin Mushroom mix (4/4)
250 g of Carrots
200 g of Small onions (grelots)
50 g of Flat-leaf parsley
250 g of Broccoli heads
4 Young guinea fowl supreme
½-sec Selles-sur-Cher
10 cl of Dry white wine
50 g of Brown chicken stock
20 cl of Single cream

- Wash and peel the carrots, cut them into small sticks and cook to a colourless glaze
- Caramelize the grelot onions and steam the broccoli heads
- Sautee the mushrooms, adding garlic and finely chopped parsley
- Cut the guinea fowl supremes into escalopes and sautee them quickly in butter
- Sweat the shallots, not letting them colour too much; deglaze with white wine and leave to reduce
- Add water to the brown chicken stock and leave to cook for a few minutes
- Whip up the sauce with the cream and Selles-sur-Cher cheese, check seasoning

Ingredients



- Add the guinea fowl escalopes and garnishing (leaving some for decoration)
- Finish cooking slowly and arrange in a small casserole,
- Grate the dry Selles-sur-Cher over the top and gratinate in a preheated oven; serve at once, piping hot.

Our sommelier advises:

Light red - AOC Cheverny

Scallops in puff pastry with Selles-sur-Cher emulsion

Difficulty: **medium**

Preparation time: **25 minutes**

4
people

Ingredients

250 g of Puff pastry
600 g of Scallops + corals
20 g of Fish stock
200 g of Fresh Selles-sur-Cher
1 Shallot
250 g of Carrots
150 g of Button mushrooms
200 g of Leek whites
10 cl of White wine
Fine salt and freshly milled
white pepper

- Cut up the puff pastry into scallop shapes, brown them and put them to cook in the oven at 180°C
- Prepare, wash and chop up the leek whites and dissolve them in butter
- Wash and peel the carrots, cut them into small sticks and cook to a colourless glaze
- Slice up the button mushrooms and pre-cook them
- Prepare, wash and rinse the scallops
- Peel the shallots and chop them up finely
- Sautee the scallops (until lightly coloured), season to taste and set to one side
- Sweat the shallots in a saucepan, deglaze with white wine, reduce and add the fish stock
- After reduction, beat the mix into an emulsion with the Selles-sur-Cher cheese
- Put all the vegetables together and heat slowly; open the puff-pastry cases
- Lay a bed of vegetables with the scallops on top, and top with the emulsion
- Arrange the remaining vegetables around the plate.



Our sommelier advises: White - AOC Chevrny

Selles-sur-Cher and dried fruit samosas

Difficulty: **easy**

Preparation time: **15 minutes**

4
people

Ingredients

150 g of Dried apricots

150 g of Walnuts (shelled)

150 g of Pistachios

150 g of Raisins

100 g of Acacia flower honey

2 Fresh Selles-sur-Cher

4 Filo pastry (sheet)

- Prepare the samosa stuffing
 - Crush the Selles-sur-Cher cheeses
 - Crush up and mince the dried fruits and mix them into the Selles-sur-Cher
 - Stir the mixture gently, adding the honey as you go
- Prepare the filo pastry, cutting it into strips
- Make the samosas by enveloping the stuffing in the strips of pastry, keeping them tightly rolled
- Fry the samosas and roll them in honey
- Set the samosas on plates and sprinkle them with a little minced dried fruit.



Our sommelier advises: ½-sec White - AOC Cheverny

Selles-sur-Cher and gingerbread pyramid with salted butter caramel

Difficulty: easy

Preparation time: 20 minutes

Ingredients

- 2 Fresh Selles-sur-Cher
- 1 Kg of Gingerbread
- 20 cl of Double cream
- 125 g of Salted butter
- ½ bunch of Fresh mint
- Blackcurrants

4
people

- Prepare the Selles-sur-Cher, crushing the cheeses and shaping them into pyramids
- Cut up and dry the gingerbread and crumble it up
- Roll the Selles-sur-Cher pyramids in the gingerbread crumbs and leave in the fridge
- Make the salted butter caramel
 - Pour the sugar and water into a saucepan and cook over a high flame
 - When it colours (dark blond), take off the flame
 - Add the salted butter, mix well and put back over a low flame
 - Add the fresh cream, mix until it is smooth and well-blended; leave to cool
- Arrange the Selles-sur-Cher and gingerbread pyramids on plates
- Decorate with a few drops of salted butter caramel, blackcurrants and fresh mint.



Our sommelier advises: ½-sec White - AOC Cheverny

Strawberry soup with Selloise cream

Difficulty: **easy**

Preparation time: **15 minutes**

4
people

500 g of Strawberries

1 Fresh Selles-sur-Cher

25 cl of Single cream

Icing sugar

1 Vanilla pod

Strawberry syrup

½ bunch of Fresh mint

- Wash, strain and dry the strawberries, and remove their stalks; set them aside in the fridge
- Prepare and crush the Selles-sur-Cher cheese
- Gently mix the single cream with the Selles-sur-Cher
- Use the mixture to make a chantilly cream (adding the vanilla and icing sugar)
- Reduce the strawberry syrup
- Arrange strawberry halves in soup dishes on a bed of coulis, interspersing the chantilly
- Gently pour the reduced strawberry syrup on to the chantilly swirls
- Round off the decoration with leaves of fresh mint.

Ingredients



Our sommelier advises: Light red - AOC Cheverny

Selles-sur-Cher and raspberry millefeuilles

Difficulty: **easy**

Preparation time: **15 minutes**

4
people

Ingredients

- 4 Sheets of brick pastry
- 1 Fresh Selles-sur-Cher
- 25 cl of Single cream
- 150 g of Icing sugar
- 800 g of Raspberries
- 20 cl of Red fruits coulis
- 125 g of Caster sugar
- ¼ bunch of Fresh mint

- Cut up the sheets of brick pastry and lay them on baking paper; cook quickly in the oven
- Make a chantilly cream with Selles-sur-Cher cheese
- Prepare the raspberries, setting some aside for the decoration
- Prepare a syrup and make the red fruits coulis
- Get some leaves of fresh mint ready
- Assemble the raspberry and Selles-sur-Cher cheese millefeuilles on dessert plates
- Alternate sheets of pastry and raspberries interspersed with the Selles-sur-Cher chantilly
- Pour a good few drops of red fruits coulis on to the bottom of the plate



- Decorate the millefeuilles (with raspberries, fresh mint leaves, etc.)

Our sommelier advises: ½-sec White - AOC Chevrny

With thanks to the pupils in CAP classes at the
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