

The « Flamiche Dinantaise »



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GEOGRAPHIC ORIGIN



Romedenne



The legend of the “Flamiche Dinantaise” would simply be born after the fall of a farmer from Romedenne. By going to Dinant in order to sell the products of her farm, a farmer fell and the products were mixed (eggs, butter and cheese) in her bag. She ran to a friend who was cooking her bread. She made a pie on the dough plug, then the farmer put the mixture and cooked the whole in the oven the flamiche; the flamiche was born.

DESCRIPTION AND EXPLANATION RELATED TO THE CONDUCT OF FOLKLORE



In 1956 was created the Brotherhood of the “Quarteniers Flamiche Dinantaise”. Its essential purpose is to make the specialties known as well as the charms of the vicinity of Dinant and the regional culinary traditions.



A competition of the biggest Flamiche's eater is organized on the first Saturday in September on the occasion of the clearance to sale before Saint Nicholas in the neighborhood of Dinant. It is the brotherhood that organizes this contest.



Award of the best Flamiche's eater by colleagues

RECIPE

List of ingredients and quantity

- Shortcrust pastry
- 250g salted butter
- 400g of Romedenne dumpling
- 10 eggs
- Salt and peper



Cooking tools

- classical glass dish
- A fork to beat the eggs
- A knife to cut into dice dumpling and butter, it will scatter over the dough
- A mold (5cm high)
- A scale



Detailed description of the different steps of the recipe

Spread out the crust pastry into the mold, into very thin layer.



Put the dumpling and butter on the dough,



scattered in small pieces, spread



Beat the whole eggs (until they « foam ») and season of salt and peper.



Pour the beaten eggs on the preparation..



Bake in the oven (approximately 220° C) during 20 minutes.






Serve the Flamiche

Taste the “Flamiche” right out from the oven, accompanied with an excellent wine from Burgundy and a seasoned salad with vinegar.



Presentation of other product use modes and / or recipe

The most famous salted « flamiches »:

<p>➤ « Flamiche Maroille »</p>	
<p>➤ Flamiche Alsacienne (onion and bacon)</p>	
<p>➤ Flamiche Picarde (leek)</p>	

It can also be declined in a sweet form:

<p>➤ pears Flamiche.</p>	
<p>➤ apples Flamiche</p>	