

A famous recipe, popular in St Laurent du Bois, for lamprey cooked in a red wine sauce - lamproie à la Bordelaise (six servings) - from Dordogne in south west France



Ingredients: 1 lamprey,
1 bottle of good Bordeaux wine
(Graves, Médoc or Saint-Emilion)

15 cl of peanut oil
2 shallots
1 large onion
2 slices of Bayonne
ham
2 cloves of garlic
4 soup spoons of
flour
1 bouquet garni
8 large leeks
5 cl cognac or
armagnac
1 or 2 squares of
chocolate
(optional)
salt and pepper

Method: tie up the lamprey by the head and cut into the tail with a knife, after positioning it above a bowl to collect the blood. Let the blood drain out completely (at least two hours).

Plunge the fish into boiling water and remove the central cord, the head, tail and eggs. Clean it under running tap water. Cut the lamprey into sections of about 4-5 cm and place them in a marinade of cooked, flambéed wine.

In a pan, fry the shallots, onion and ham cut into pieces in the oil. Add in the crushed garlic, the flour and the wine from the marinade, along with the bouquet garni and leave to simmer gently for 1 hour. Add salt and pepper. Chop the leeks into pieces and fry gently, then put them into the sauce. Brown the pieces of lamprey (after draining thoroughly), flambé them and then transfer them into the pan. Cook for another hour.

Lamprey reach 1m and 3kg. It's considered a culinary delicacy in south west France. Further information is provided in "The Essential Guide to Coarse Fishing in Southern France" available from: www.spainfishing.com