**Loire Valley Dinner Menu**

**Inspired by the Tour de France: Chinon to Châteauroux**

*Wine Pairing: Touraine Sauvignon Blanc*

# Main Course: Truite au Vin Blanc (Trout in White Wine Sauce)

**Ingredients:**

* 2 trout fillets (skin on)
* 1 small shallot, finely minced
* 1/2 cup dry white wine (Touraine Sauvignon Blanc)
* 1/2 cup heavy cream or crème fraîche
* 2 tbsp unsalted butter (divided)
* Salt & pepper
* Chopped fresh parsley (for garnish)

**Instructions:**

Sear the Trout:

* Season fillets with salt and pepper.
* In a skillet over medium-high heat, melt 1 tbsp butter (or butter + olive oil).
* Sear trout skin-side down for 2-3 minutes. Flip and cook 1-2 minutes more.
* Remove from pan and keep warm.

Prepare the Sauce:

* Lower heat. Add a bit more butter and sauté the shallot until soft (2 min).
* Add white wine, simmer, and reduce by half (3-5 min).
* Stir in cream and simmer until lightly thickened.
* Season to taste. Whisk in a teaspoon of cold butter off heat for extra gloss, if desired.

Serve:

* Spoon sauce over trout and garnish with chopped parsley.

# Side Dish: Pommes Vapeur (Steamed Parsley Potatoes)

**Ingredients:**

* 300-400g small new potatoes (e.g., fingerlings)
* 1 tbsp butter
* 1 tbsp chopped fresh parsley
* Salt

**Instructions:**

Cover potatoes with cold salted water in a pot.

Bring to a boil, then simmer for 15-20 minutes until tender.

Drain and steam-dry for 1 minute.

Toss with butter, parsley, and a pinch of salt.

# Side Dish: Haricots Verts Sautés (Sautéed Green Beans with Garlic & Lemon)

**Ingredients:**

* 200g thin green beans, trimmed
* 1 clove garlic, minced or sliced
* 1 tsp lemon zest
* 1 tbsp butter or olive oil
* Salt

**Instructions:**

Blanch beans in salted boiling water for 2-3 minutes.

Drain and rinse with cold water to stop cooking.

In a skillet, heat butter or oil.

Sauté garlic for 30 seconds, then add green beans and toss for 1-2 minutes.

Finish with lemon zest and a pinch of salt.

*Wine Pairing: Touraine Sauvignon Blanc - crisp, mineral, and citrusy. Perfect with trout, creamy sauces, green vegetables, and Loire Valley herbs.*