



Seasonal French Table

autumn and winter

A simple guide to creating a cozy French-inspired table for autumn and winter with beautiful food, thoughtful touches, and seasonal inspiration

BY CHRISTINA THIBLET

bonjour !

The French table has always been about more than food. It's about gathering, slowing down and sharing moments all while celebrating the season around simple, delicious ingredients.



lovely to meet you!

I'm Christina, a home cook, writer and professional photographer based in Fontainebleau, France. Join me as I share about slow living and great eating from the French countryside.

This petit guide brings you a handful of ideas from my kitchen here in Fontainebleau. Think of it as an invitation. A reason to pause, to cook something comforting, and to savour the beauty of autumn and winter.

Christina



What you'll find!

1. A quick tip to elevate your simple roast chicken
2. Gruyère Sables - a perfect snack for your next apéro and glass of wine
3. Great seasonal activities to brighten up dark days
4. keys to a successful and seasonal cheese board

“follow the rhythm...

The French follow the seasons very carefully.
No strawberries in winter, no pears in spring.

Eat what nature gives you, here and now.
Savour it while it's available and at it's best.

----- quick tip! -----



elevate your simple roast chicken

Give your roast chicken a French touch by roasting it on a bed of leeks, that have been cleaned and trimmed. Tip the juices over the leeks half way through cooking to keep everything moist and flavourful. While you can eat them as is, my kids love when they're served with a simple dijon vinaigrette. Don't forget to keep the bones for a perfectly nutritious soup stock the next day!



Gruyère Sablés

apéro

100 g	Flour
90 g	Gruyère, grated
80 g	Salted Butter
20 g	Corn Starch
1 ½ tsp.	Fresh Rosemary, minced
2	Egg Yolks (reserve the whites)

1. Place flour, cheese, butter, corn starch, chopped rosemary and egg yolks (keep whites for later) into a food processor and pulse until it starts to come together. Continue to mix until it forms a nice firm dough.
2. Place the dough onto your counter and divide in half. Create two long cylinders about 2.5cm thick (1") and then wrap them with cling film and place them in the fridge for a minimum of 30 minutes.
3. Preheat your oven to 180C/350F and proceed to remove your dough from the cling film. Cut into ½ cm (¼ inch) slices and place them onto a parchment covered baking sheet.
4. Using your leftover egg whites, paint a generous layer on top of each sablé and follow with a pinch of salt (maldon or finishing salt is best.) Place in the oven for 10 minutes or until golden.
5. Let them sit on the baking sheet a few minutes before attempting to lift them as they're melt in your mouth soft. I love these paired with a crisp white wine!

Great seasonal activities

1. Grab some clippers and a basket and find some greenery to liven up your dinner table, or if you're up for it, try making your own wreath with a friend to create an inviting front door
2. Host a tasting night with friends. If it's with wine, ask everyone to bring a red (for example.) Put your phones away, cover the bottles and have everyone take notes letting your senses lead the conversation.
3. Take time for an apéritif before dinner. Even if it's just once a week. It's a beautiful French tradition to pause and connect before the meal. Try the gruyère sablés or our goat cheese apéro bites!





keys to a successful and seasonal cheese board

Include a mix of textures and strengths: soft, firm, blue, and aged

Pair with rustic baguette slices, toasted nuts, dried fruit or pear slices,
quince paste, or a drizzle of local honey.

Here are some seasonal cheeses to look out for, but also try cheeses
local to you!

- Crottin de Chavignol
 - Tomme de Savoie
 - Epoisses
 - Raclette
 - Tête de Moine
 - Fourme d'Ambert
 - Mont D'or
 - Comté
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I hope you have a perfectly cosy fall and
winter with these tips and be sure to
follow along for more!



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