

Cooking: video A

3 chefs are invited to have lunch by another chef, Yves Rivoiron.

On the menu: Specialities from Lyons.

Pig's trotters

Oxtail

And 'gras-double', which is ox tripe

And a praline tart.

Nathalie: "Hmm...that looks delicious, what is it?"

Jean-Louis: "Well, what I'm making for you is oxtail simmered in tomatoes and shallots."

Nathalie: "So what do you have to do first?"

Jean-Louis: "First you cook the oxtail. So you stew the oxtail for three hours, three and a half hours. Because this takes time. You just simmer it gently. Until you hear the bubble bubble of the broth."

Nathalie: "The what?"

Jean-Louis: "The bubble bubble of the broth."

Nathalie: "How does it go...?"

Jean-Louis: "Really! Bubble bubble, right? There you are, a gentle simmering."

Nathalie: "Hmm it does look really delicious!"

Jean-Louis: "Oh it is delicious!"

Nathalie: "What's that?"

Félix: "Now this is pig's trotters, pork trotters. In English, 'pig's feet'. And we get it salted. You have to remove the salt first. Then you tie it up with strips of cloth. You cook it overnight and then you leave it to cool down. Which means that you need at least three days to prepare this dish."

Nathalie: "Does it need fresh ingredients?"

Félix: "Of course. It needs fresh wholesome produce. This is free range pork, which is all we use. The things (ingredients) are very simple if you like, but they require a lot of time and work...and above all love."

Nathalie: "Ah! You said love!"

Félix: "That's what we like in Lyon. We really like that kind of thing."

Yves: "So for 'Gras Double' (ox tripe), you will need [what is called] the honeycomb, the connoisseurs' tripe you know, the lining of a cow's stomach, and you will need onions, white wine, garlic, parsley, salt, pepper and some good vinegar."

Nathalie: "And some know-how?"

Yves: "And the know-how, obviously."

"And, well, this will take about twenty minutes to turn into this dish here."

Nathalie: "That's the secret?"

Yves: "Ah! This is the secret: very good vinegar."

Nathalie: "Hmm that looks really delicious. What is it..?"

Eric: This is called a praline tart. That's a nice reduction of cream and pralines (sugared almonds)...which is...pralines are... a very typical sweet from Lyon."

Nathalie: "Does it take long to make?"

Eric: "You'll need...you'll need a good half to three quarters of an hour."
Come on [a toast] to your health! To us! To friendship...good health to you all!"