

Poultry ballotine, black olive and hazelnut stuffing, eggplant caviar, glazed carrots, morel and sage sauce

Recipe for 4 servings

Description

A moist, slow-cooked, sous-vide poultry dish, enhanced by a tasty stuffing. Accompanied by a creamy morel sauce.

Note

Morels can be replaced by other mushrooms.

Generally speaking, carrot tops are not peeled, as the skin is very thin and the blade of a knife is sufficient.

Ingredients

Ballottine

- 100 Gr Pitted kalamata olives
- 50 Gr Hazelnuts
- 50 Gr Sheep's milk feta
- 3 Tbsp Butter
- 600 Gr Chicken breast

- Salt and pepper
- Olive oil

Glazed carrots

- 8 Unit(s) Garden carrot
- 1 Tsp Sugar

- Salt and pepper
- Olive oil

Eggplant caviar

- 1 Unit(s) Eggplant

- Salt and pepper
- Olive oil

Morel sage sauce

- 75 Gr French shallot
- 10 Gr Dried morels
- 1 Clove(s) Garlic
- 35 Ml Cognac
- 125 Ml Veal demi-glace
- 1 Cup(s) Cream 35%
- 2 Leaf(ves) Sage

- Salt and pepper
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **400 F°**

Setting up

Ballottine stuffing

Cut the butter into small cubes and refrigerate.

Roast the hazelnuts in the oven for 4 to 5 minutes, then lightly crush them in a saucepan.

Chop the Kalamata olives and cut the feta cheese into small cubes. Finely chop the garlic clove.

Carrots

Cut off the tops of the carrots, making sure to keep some as a finish at the end of the carrot, and scrape off the outline of the carrot head (the black part). Using the back of a paring knife, scrape the length of the carrot.

Sauce

If necessary, rehydrate the morels in cold water for 20 minutes, then drain and save half a cup of rehydration water.

Finely chop the French shallot.

Ballottine

Open the breasts in a wallet shape, season with pepper and place the stuffing in the center (make sure you can close the breast).

Tear off the cling film, place the breast on top and gently roll up into ballottines. Make sure they're tightly packed.

Vacuum-seal and store in the fridge.

Sous-vide cooking

Bring the temperature of your water basin up to 145°F / 63°C, ensuring a minimum of one hour's cooking time.

Just before serving, brown the chicken ballottines in a hot pan with olive oil. Cut the ballottines into medallions. Allow two medallions per person.

Eggplant caviar

Cut the eggplant in half along the length, squaring the flesh with the tip of your knife. Season lightly with salt and drizzle with olive oil.

Place the two halves on a baking tray and cook in the oven for 45 minutes, until the flesh is soft.

Remove the eggplant flesh with a tablespoon. Continue cooking the eggplant flesh in a saucepan over medium heat. Using a Maryse, scoop out the bottom, which will stick slightly, and repeat the operation. The flesh will lose its water and the consistency will thicken.

Season with salt and pepper.

Glazed carrots

In a sauté pan over medium heat, add olive oil, add the carrot tops, butter and sugar.

Add water to halfway up the heat, adjusting the heat to a simmer. Place a lid on top, leaving a small opening.

You can also use parchment paper to make a lid with a chimney in the center.

Once the carrots are cooked (keep them a little firm), remove the lid and roll them in their cooking juices, which will have reduced considerably.

Once glazed, the carrots will take on a lustrous sheen.

Morel sage sauce

In a saucepan with olive oil, sauté the chopped shallot. Add the morels and chopped garlic. Season with salt and sauté for two minutes.

Deglaze with cognac and flambé, add the morel juice (water), reduce by half, add the dehydrated veal stock and whisk well.

Add the cream and season with salt and pepper. Leave to cook gently, and once the sauce has become glossy, stop cooking.

Strain into a blender and keep warm until serving.

Plating

Place a quenelle of eggplant caviar on the side of the plate of your choice.

Next, place the two beautiful stuffed poultry medallions, generously coating the meat with the sauce. Place the two leafy carrots on the opposite side.

Finish with a few fresh herbs.

Bon appétit!