World Gourmet Summit 2006
Culinary Workshop and Luncheon
Four Seasons Hotel Singapore

SQUAB WITH "TAJINE" VEGETABLES
Presented by:
Iconic Chef Philippe Legendre

Serves 4
Ingredients:

2	Squabs, washed and pat dry
40ml	Olive oil
	Salt and freshly ground pepper, to taste

Date Purée

1	Lemon, juiced and zest thinly sliced
	Sugar, to taste
15	Dried dates
500ml	Chicken stock

Tajine Vegetables

60g	Butter
480g	Fennel, peeled and diced
240g	Zucchini, diced
160g	Carrots, peeled and diced
120g	Onions, peeled and diced
3	Garlic cloves, peeled
	A pinch of harissa spices
200ml	Squab stock

Method

1. <u>For the date purée</u>: Boil the lemon zest, sugar and water until zest becomes translucent. Set aside. Boil the dried dates in the chicken stock for 90 minutes. Drain and remove seeds from the dates. Purée the dates with the candied lemon zest. Add lemon juice to taste.

2. <u>For the squabs:</u> Chop the squabs into sections: heads, necks, wings, drumsticks and breasts. Trim away the fat. Place the squab breasts aside and discard the heads. Put the necks, wings and drumsticks in a pot, cover with water and boil over high heat for 10 minutes. Reduce the heat and simmer until stock is reduced to about 375ml.

3. Season the squab breasts with salt and freshly ground pepper. Heat olive oil in a pot and sear the squab breasts over medium heat. Remove and let them rest for at least 10 minutes. Then de-bone seared squab breasts and season to taste. Sauté squab breasts in a shallow pan to desired doneness.

4. <u>For the tajine vegetables:</u> Melt the butter in a pot and add all the diced vegetables. Season to taste and sauté for 2 minutes. Add the squab stock and cook for 1 hour. Add a pinch of harissa spices, strain the stock and reserve the vegetables.

5. <u>To serve:</u> Place tajine vegetables in centre of each serving plate and place sautéed squab breasts beside the vegetables. Spoon the sauce from vegetables around the plate. Place 1 tbsp of date purée on the plate.