



World Gourmet Summit 2007

Pan Pacific Singapore

27 April 2007 / 9.30am to 2.30pm

CRISP SQUAB PARCEL WITH FOIE GRAS
CRUMBED ZITA MARCARONI, CHINESE PEA PODS, JUS
Presented by
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Method for Cooking:

1. For the Squab Jus:

Heat cooking oil in a pan over medium heat and sear the squab carcasses together with the carrots, onions and celery. Deglaze with the white wine, pour in chicken stock to cover and add the bouquet garni and crushed garlic cloves. Allow to simmer for 45 minutes and season to taste with salt and freshly ground pepper. Pass through a strainer and keep warm.

2. For the Crisp Squab Parcel:

Season the squab supremes with salt and freshly ground pepper, sear both sides in a heated pan and set aside. Sear the duck foie gras quickly on both sides in a non-stick frying pan and set aside. Sweat the julienned leek and celery with butter and add chervil and parsley. Blanch the young spinach leaves for 2 to 3 minutes. Brush a sheet of warka dough with the clarified butter and top with a layer of blanched spinach leaves, followed by the julienned vegetables. Make a pocket in the squab supreme and insert a slice of the duck foie gras. Place on top of the julienned vegetable and roll the warka dough to form a parcel, sealing the edges well and set aside. Bake in a preheated oven at 200°C for 10 to 12 minutes.

3. For the Forcemeat Stuffing:

Sear the squab livers on all sides with cooking oil over high heat in a pan for 2 to 3 minutes and remove. Reduce heat, sweat the chopped shallots and deglaze with the cognac and remove from the heat. Blend the chicken breast, seared squab livers, chopped shallots, chopped parsley and toasted pine nuts in a food processor until smooth. Stuff the boned squab legs with the forcemeat, wrap it in its own skin and wrap tightly in a cling wrap. Set aside. Before serving, remove the cling wrap, sear on all sides and finish cooking in a preheated oven of 180°C for about 6 minutes.

4. For the Crumbed Zita Macaroni:

Boil the zita macaroni in a pot of salted water until al dente. Transfer onto an even work surface and arrange the strands of macaroni side by side, pushing together to adhere and refrigerate for at least 2 to 3 hours. When firm, cut out circles with a ring mould. Dip in flour, beaten egg, then breadcrumbs, and pan-fry in clarified butter until golden.

5. To Serve:

Place a circle of crumbed zita macaroni onto each serving plate. Trim away any excess pastry edges from the crisp parcel, cut in half and placed onto the macaroni. Place the stuffed squab leg on one side of the plate, spoon the squab jus around the dish and garnish with the blanched Chinese pea pods and season to taste with salt and freshly ground pepper.