

## TASTING

Serve warm, accompanied by your favorite fresh wine (54°F).

### Jean-Marie's tip

For even tastier mushrooms, add a few drops of soy sauce at the end of cooking.



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# Family Recipes

## THE HENRI BOURGEOIS PAIRINGS



Individual vol-au-vent  
&  
Sancerre blanc "Grande Réserve"

BY JEAN-MARIE BOURGEOIS

# Individual vol-au-vent

For 6 people

Preparation · 1h15    Cooking time · 45 min



## INGREDIENTS

- 6 individual vol-au-vent crusts
- 9 oz turkey breast
- 3.5 oz cockscombs
- 3.5 oz sweetbreads
- 3 tbsp butter
- 1 oz flour
- 1 chicken carcass
- 1 cup thick crème fraîche
- 1 egg yolk
- 1 carrot, 1 leek, 1 celery stalk, cut into chunks
- 1 bouquet garni
- Fine salt and white pepper

## PREPARATION

### 1. Prepare the broth

In a pan, cover the carrot, leek, celery, and bouquet garni with water. Place the chicken carcass in the water. Bring to boiling.

In a small pan, boil the cockscombs in water. Once cooked, drain them and add them to the broth. Season with salt and pepper. Once the vegetables are cooked, remove and set aside the broth and combs.

### 2. Cook the mushrooms

Clean and slice the mushrooms. Fry them over high heat in a bit of butter until they are golden brown. Set aside.

### 3. Cook the meat

Cook in two separate steps. Dice the veal sweetbreads and turkey breast, then brown them in a little butter. Season with salt and pepper and set aside.

### 4. Make the bechamel sauce

Melt the butter in a pan, add the flour and cook gently without browning.

Gradually pour in the hot broth, whisking until you have a smooth sauce. Remove from the heat and add the cream and egg yolk to thicken the sauce.

### 5. Assemble the individual vol-au-vent

Reheat the vol-au-vent crusts in the oven at 220°F for 10 min. Fill each bite with alternating layers of bechamel sauce, diced chicken, sweetbreads, cockscombs, and mushrooms.