



Green vegetable and first morels vol-au-vent



To prepare the morels

Separate the stalks from the cups. Slice the cups in half lengthways. Rinse them 3 times in warm water. Squeeze them, then leave to dry on kitchen paper.

To prepare the morel sauce

In a pan, heat a dash of rapeseed oil. Add the morel stalks, season with salt and pepper. Add a knob of butter, the shallot and the garlic. Deglaze with white Port and Madeira and cook briefly. Add the cream with the chicken stock and dried morel powder and cook for about 10 minutes. Blend and strain through a sieve. Adjust the seasoning with salt, pepper, Tabasco and a dash of lemon juice.

Rezept für 4

Ingredients for the preparation

200 g morels

Ingredients for the morel sauce

1 diced shallot

1 garlic clove, crushed

100 ml port

100 ml Madeira

100 ml chicken stock

300 ml cream

1 tsp dried morel powder

Dash of lemon juice

Knob of butter

Ingredients for the garnish

100 g shelled peas

100 g shelled broad beans

12 green asparagus without flowers

20 mangetout peas

Seasonal microgreens

Seasonings

Salt, pepper, Tabasco

Fleur de sel

Coarsely ground mixed peppercorns

Rapeseed oil

Olive oil

Ingredients for the serving

4 vol-au-vent cases, 9 cm diameter



To prepare the garnish

Boil the peas and the broad beans separately. Plunge into ice-cold water, then drain. Remove the skins from the broad beans and peas. Separate the tips from the stems of the green asparagus. Slice the stalks in half lengthways, then into 1 cm pieces. Blanch in boiling salted water for 2 minutes then plunge into ice-cold water. Using a mandoline, slice 4 tips into fine shavings, set aside for plating up. Blanch the rest of the tips. Cut the mangetout into diamonds, cook in boiling salted water for 2 minutes, then plunge into ice-cold water.

To serve

Sauté the morel cups in a frying pan with a drizzle of olive oil, then add the chopped shallots. Season with salt and pepper, then add the green vegetables. Finish with a drizzle of morel sauce. Top each vol-au-vent case with some of the sautéed vegetables. Reheat the vol-au-vents for 3 minutes in a dry oven set to 180 °C.

Anrichten

Presentation

Arrange the rest of the sautéed vegetables in the bottom of 4 soup plates. Place the vol-au-vents in the centre, pour the hot, emulsified sauce around them. Finish with the raw asparagus tips, the seasonal microgreens, a drizzle of olive oil, some fleur de sel and some coarsely ground mixed pepper.