

# Souffléed quail breast

Jan Hartwig



## Preparation quail breast

Separate the quail breasts from the carcasses and cover with a little of the mushroom stuffing. Place the breasts on a buttered tray and cook in the combi-steamer for approx. 6 mins. at 85 °C (steam). Leave to rest for a short time and serve with a sprinkling of amaranth.

## Preparation leek

Remove the green parts from the leek. Vacuum-pack the white part of the leek with the oil and cook in the combi-steamer for 25 mins. at 100 °C (steam). Cut into equal pieces of approx. 2 cm. Lightly salt and season with cayenne pepper.

## Preparation liver mousse

Fry the shallot rings and liver in a little oil. Pour in the alcohol and balsamic. Mix with the butter in the Thermomix to create a smooth mixture and season to taste. Dissolve the gelatine in a little sherry and add to the liver mixture. Transfer the mixture to silicone moulds, freeze and cover with poultry jelly. Store at room temperature.

## Rezept für 4

### Ingredients quail breast

5 quail  
2 tbsp popped amaranth  
3 tbsp mushroom stuffing:  
Mix the poultry stuffing with the sautéed diced mushrooms and season to taste with salt, pepper and a dash of aged balsamic vinegar.

### Ingredients leek

1 leek  
2 tbsp Kuyjo oil  
salt  
cayenne pepper

### Ingredients liver mousse

150 g pigeon liver  
(cleaned and soaked)  
50 g shallot rings  
50 g butter  
4 sheets of gelatine  
(soaked in ice-cold water and squeezed out)  
Madeira  
sherry  
balsamic  
quatre épices  
salt  
pepper  
a dash of oil for frying

### **Preparation duxelles**

Sweat the diced mushrooms in a little butter and season to taste with the remaining ingredients.

### **Preparation vin jaune sauce**

Finely chop the vegetables and sauté in the butter along with the mushroom offcuts. Season and pour in the vin jaune. Reduce by half the amount and top up with the stock. Simmer gently for approx. 30 mins. Pass through a sieve and mix with the crème fraîche. Season to taste with vin jaune and lemon juice.

### **Preparation tuile**

Mix all of the ingredients with the dough hook. Leave to cool, then spread in a silicone mould and bake in the oven for 3 mins. at 200°C. Remove from the mould while still warm and bend into the desired shape.

### **Anrichten**

Position the duxelles on the plate using a ring-shaped cutter. Place the quail breast on top. Plate up the leek to the right and top with the tuile, liver mousse and salad.

Drizzle the vin jaune sauce on top and serve.

#### **Ingredients duxelles**

1 tbsp diced button mushrooms  
1 tbsp diced porcini mushrooms  
1 tbsp diced king oyster mushrooms  
1 tbsp diced chanterelle mushrooms  
butter  
salt, pepper  
aged balsamic  
1 tsp chopped parsley  
1 tsp demi-glace

#### **Ingredients vin jaune sauce**

20 g shallots  
10 g celery  
10 g leek (white part)  
50 g mushroom offcuts  
1 tbsp butter  
1 tbsp crème fraîche  
300 ml chicken stock  
lemon juice  
100 ml vin jaune  
salt, pepper

#### **Ingredients tuile**

55 g tempered butter  
50 g sugar  
55 g egg white  
45 g flour

#### **Other ingredients**

a little herb salad