

Pheasant Consommé/Wine/Pomegranate
Chef de Cuisine Tim Graham of *Tru* – Chicago, IL

In this recipe, Chef Graham prepares his delicate pheasant consommé in the Vita-prep, using its low speed capabilities. He adds a wine liquid gel to give a concentrated flavor to the consommé, using the Vita-Prep blender to turn the firm wine gel into a solid liquid state before plating. For the finishing touches, Graham uses the Vita-Prep for his condensed mint, this time using the blender's higher speeds. Don't be jealous – his kitchen has five.

Duration: 4:57

Produced by StarChefs.com in association with The Vita-Mix Corporation.

Pheasant Consommé/Wine/Pomegranate
Chef Tim Graham of *Tru* – Chicago, IL
Adapted by StarChefs.com

YIELD: 20 SERVINGS

Ingredients:

Bouillon:

500 grams pheasant bones
50 grams grapeseed oil
50 grams garlic, skin on
100 grams white mushrooms
1500 grams consommé
Cayenne pepper
Sea salt

Clarification:

1000 grams pheasant bouillon, cooled
75 grams egg white under 10°C
3 grams methocel A4MFG
Sea salt

Consommé:

1000 grams clarified pheasant bouillon
20 grams novation 3600

Amaranth Stuffing:

20 grams olive oil
20 grams leeks, small dice
20 grams carrots, small dice
15 grams garlic, minced
40 grams shallots, minced
1 gram jalapeño, minced
1 gram ginger, minced

50 grams white wine
50 grams amaranth
125 grams water
2 grams chives
1 gram thyme
Sea salt
50 grams foie gras

Pheasant Roulade (Yields 6 Servings):

1 piece pheasant (about 500 grams)
100 grams duck fat
1 clove garlic
1 sprig thyme
100 grams amaranth stuffing
Activa
Grounded pepper
Sea salt

Wine Liquid Gel:

500 grams brouilly wine
2.5 grams LA gellan
2.6 grams gelatin

Pomegranate Gelee:

500 grams pomegranate juice
Sugar
Sea salt
1.5 grams gellan LT 100 (HA)
0.5 grams gellan F (LA)

Condensed Mint (Yields 10 Servings):

80 grams water
120 grams ice cubes
40 grams maltodextrin
40 grams mint
0.5 % pre-Hydrated xanthan gum

Method:

For the Bouillon:

Peel the mushroom, cut the bottom of the stem and cut in small quarters. Cut the pheasant bones in small pieces. Roast slowly over medium heat until the bones get a light brown color. Add the garlic; let them sweat for 15 minutes. Drain over a perforated hotel pan. Place in a sauce pot, add the mushrooms and pour the consommé. Bring up to a boil and simmer for 2 hours. Skim the broth and season with cayenne. Strain in a fine chinois. Cool down over ice.

For the Clarification

Mix the egg white with the methocel and season with salt. Pour the cold pheasant bouillon over and stir well. Place in a large saucepot and bring up to a simmer on a flat top. Let clarify and strain the consommé in a coffee filter. Cool down over ice.

For the Consommé:

Combine novation with 300 grams pheasant bouillon in Vita-Prep and blend until fully mixed. Bring starched bouillon to 80°C, combine with rest of consommé and simmer for 5 minutes. Strain through chinois and store on ice.

For the Amaranth Stuffing:

Heat the olive oil in a sauté pan. Sweat the leeks, carrot, garlic, shallot, ginger and jalapeno, giving no color. Add the wine and cook the alcohol out. Add the amaranth and water, cover with a lid and simmer for 30 minutes (or until the liquid is absorbed and the amaranth is cooked.) Let cool. Fold in herbs and season with salt. Sear the foie gras hard, giving it plenty of color. Let cool and cut into cubes. Fold the foie and any fat that escaped upon resting into the amaranth.

For the Pheasant Roulade:

Remove the legs from the pheasant. Place them in a cryovac bag, pour the fat, add the garlic and thyme, season with salt. Seal at seal 6, vac 3. Confit 75°C for 6 hours. Let cool down and remove the meat from the bones. Remove the filet from the breast, remove the skin and split the filet in the length keeping it attached in to one side. Sprinkle the activa on one side. Place the amaranth stuffing in the middle and roll the filet to enclose the stuffing. Roll in a plastic wrap, cryovac: seal 6, vac 3. Poach sous vide for 30 minutes 62°C. Let rest room temp for 30 minutes and cool down on ice. Reheat the pheasant breast when needed in the bag, pan fried quickly and slice about 0.5 inch thick.

For the Wine Liquid Gel:

Bring wine to 80° C and whisk in gellan, let cook five minutes. Add gelatin and cool.

For the Pomegranate Gelee:

Remove the seeds from the pomegranate. Squeeze between gloved hands to remove the juice. Strain through a chinois. Season with salt and sugar. Whisk in both gellans. Bring to a simmer and cook for two minutes. Pour into form what will hold the desired height. Once set, cut gel into 3" long, ¼" square noodles.

For the Condensed Mint:

Boil the water with the maltodextrin; blanch the mint in the syrup. Pour into Vita-Prep and blend with the ice cubes until completely emulsified and cold. Pass through a fine chinois and thicken with the xanthan gum. Place the condensed mint in a squeeze bottle.

To Assemble and Serve:

Make a nice circle of the wine liquid gel at the base of the bowl. Place the roulade on top, lean the pheasant leg confit against the roulade, place the pomegranate noodle above the roulade. Pour consommé over table side.

