

Pheasant and Foie Gras Ballotine with sweet potato corn pudding, blackberry and sage chutney, and pheasant reduction

Yield: 200

Pheasant and Foie Gras Ballotine Farce Ingredients

Yield: 6½ kg

8 kg pheasant breasts
1½ kg pheasant leg meat, trimmed
Pheasant skin
900 g Grade A foie gras
1.2 kg heavy cream
12 eggs
120 g Kosher salt
15 g curing salt #1 (optional)
20 g white pepper
15 g chopped fresh sage
10 g thyme
5 g allspice
120 ml Madeira

Pheasant and Foie Gras Ballotine Farce Method

1. Dice leg meat and foie gras.
2. Chill all ingredients to near freezing.
3. Blend leg meat with salt until tacky.
4. Add eggs.
5. Slowly add cream.
6. Add foie gras and seasonings.
7. Pass through fine tamis.

Pheasant and Foie Gras Ballotine Farce Assembly

1. Butterfly pheasant breasts.
2. Lay skin on plastic wrap. Lay pheasant breasts on the skin, season both.
3. Spread approximately 120 g farce onto each breast.
4. Roll tightly into ballotines.
5. Vacuum seal.

Pheasant and Foie Gras Ballotine Farce Cooking Method

1. Sous vide at 63°C / 145°F for 2 hours
2. Remove and flash sear
3. Slice into 28 g medallions for service.

Blackberry-Sage Compote Ingredients

Yield: 2½ L

2½ kg blackberries
400 g sugar
250 ml red wine
120 ml port or cassis
80 ml balsamic vinegar
15 g fresh sage, chiffonade
Zest of 4 ea oranges
8 g Kosher salt

Blackberry-Sage Compote Method

1. Combine berries, sugar, wine and cassis.
2. Simmer 20 minutes.
3. Add balsamic and sage.
4. Reduce to thick compote consistency.
5. Adjust seasoning.
6. Chill.

Note: Target viscosity should allow clean quenelles.

Sweet Potato-Corn Polenta Pudding Ingredients

Yield: 7 L

Ingredients

4 kg roasted sweet potato flesh
2 kg sweet corn kernels
5 L whole milk
1 L heavy cream
900 g fine cornmeal (polenta)
25 g Kosher salt
5 g white pepper
500 g unsalted butter
250 ml maple syrup
10 g chopped fresh sage
150 g grated aged white cheddar (optional, for savory depth)

Sweet Potato–Corn Polenta Pudding Method

1. Roast whole sweet potatoes at 190°C (375°F) until soft.
2. Scoop flesh and reserve.
3. Simmer corn kernels in milk and cream for 15 minutes.
4. Blend smooth.
5. Pass through a chinois if desired
6. Bring corn-milk mixture to a gentle simmer.

7. Whisk in cornmeal slowly.
8. Cook, stirring frequently until very smooth.
9. Whisk in roasted sweet potato.
10. Cook an additional 10 minutes.
11. Blend with immersion blender until silky.
12. Fold in butter, maple syrup, sage, and cheddar (if using).
13. Adjust seasoning.
14. Hold warm.

Pheasant Madeira Jus Ingredients

Yield: 3½ L

12 kg pheasant carcasses
2 kg chicken bones or wing tips (if desired)
2 kg mirepoix
250 g tomato paste
15 L water
2 L Madeira
500 ml ruby port
15 g black peppercorns
8 sprigs thyme
4 bay leaves

Pheasant Madeira Jus Method

1. Roast carcasses deeply.
2. Roast mirepoix and tomato paste.
3. Simmer stock 3-4 hours.
4. Strain and reduce to 5 L.
5. Separately reduce Madeira and port by 75%.
6. Combine.
7. Continue reducing until approximately 3½ L remains.
8. Mount with 150 g cold butter before service.