Quenelles in Sauce Nantua recipe

AF DuPage Cooking Demonstration

Saturday, November 21 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 4 servings

Special equipment: medium saucepan, 2 bowls, cling film, food processor, spatula, large saucepan, 9-inch x 12-inch baking dish, sauté pan, small saucepan, wire whisk, fine mesh strainer

Note: This recipe requires an overnight preparation.

Panada

Ingredients:

300 grams water

25 grams unsalted European-style butter

½ teaspoon salt

200 grams cake flour

Method:

In a medium saucepan, boil the water, butter, and salt, then stir in the cake flour all at once.

Stir until well combined.

Transfer to a bowl and cover with cling film.

Hold overnight in the refrigerator and use the next day.

Quenelle mixture

225 grams walleye pike (no bones, no skin)

2 egg whites

150 grams whole eggs (3 large size)

Salt and white pepper to taste

¼ teaspoon ground nutmeg

113 grams very soft unsalted European style butter (1 stick)

Method:

In a food processor, add the walleye pike and the 2 egg whites. Process on high speed for 2 minutes. Add the whole eggs and process for 1 minute more. Scrape down the bowl.

Warm the panada in the microwave for a few minutes. This step avoids jamming the food processor with an overly cold panada mixture. Add the panada in small pieces as the machine is running on high speed, and process for 2 more minutes.

Finally, add the butter in 2 or 3 additions and process for 1-2 more minutes. Add salt and pepper.

Transfer to a bowl, and cover with cling film.

Chill in the fridge for a few hours until firm.

Shape the mixture into 4 football-shaped quenelles about 8 ounces each in size.

In a large saucepan, poach the quenelles in salted simmering water for 10 minutes. Depending on the size of your pot, you may need to poach the quenelles in batches.

Hold in fridge or cook right away. Place the poached quenelles in a baking dish and cover each quenelle with 5 ounces of Sauce Nantua. Any leftover sauce should be poured into the baking dish.

Bake at 450° for 25 minutes using the upper rack of the oven. Finish under a hot broiler to caramelize and brown the tops to get a golden-brown color.

Sauce Nantua

Yield: 20 ounces (enough for 5 ounces per quenelle)

Ingredients:

3 ounces unsalted European-style butter (to sauté the veggies)

3 ounces carrots, diced

3 ounces celery, diced

3 ounces onions, diced

1-ounce shallots, minced

2 cloves of garlic, chopped

8 ounces crawfish meat

2 sprigs thyme

1 ounce Cognac

2 cups seafood stock

½ cup tomato purée

2 Roma tomatoes, chopped

1 Tablespoon tomato paste

Salt and pepper to taste

1-ounce unsalted European-style butter (for the roux)

1-ounce all-purpose flour (for the roux)

4 ounces heavy cream (add after an hour)

4 ounces heavy cream (add at end of cooking after straining)

Additional salt and pepper to taste.

Method:

In a sauté pan, melt 3 ounces of butter and sauté the diced carrots, celery, onions, minced shallots, and chopped garlic for a few minutes.

Add the crawfish meat and continue to cook on medium heat.

Add the thyme sprigs, Cognac, seafood stock, tomato purée, chopped Roma tomatoes, tomato paste, and salt and pepper.

In a separate small saucepan, make a roux out of 1 ounce butter and 1 ounce flour by melting the butter, adding the flour, and stirring over medium heat for 1 to 2 minutes.

Add it to the simmering tomato mixture while stirring with a wire whisk. Simmer on VERY low heat uncovered for 1 hour.

After 1 hour of simmering, add the first quantity of heavy cream (4 ounces).

Continue to simmer 30 more minutes and then strain the mixture pushing as much liquid through a strainer as possible.

Add the last quantity of heavy cream (4 ounces). Adjust the salt and pepper.

As previously mentioned, use 5 ounces of sauce to cover each quenelle before baking.

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