

SALADE DE GÉSIERS – Gizzard Salad

Chicken Gizzard Confit:

1 pkg chicken gizzards (about 1.5 lbs)
1 Tb kosher salt
2 cloves garlic, lightly smashed
1 pint fat (can be chicken, duck, lard
or olive oil)

Pick through gizzards and discard any tough yellowish skins.
Toss with salt, cover, and chill at least 12 hrs or up to 24 hrs.

In a medium saucepan, combine salt-cured gizzards, garlic
cloves and fat. Bring up to temperature over medium heat until
fat starts to bubble. Reduce heat to very low, cover and cook at
a gentle simmer for about 3 hours, until completely tender,
stirring occasionally.

Use a slotted spoon to scoop out gizzards, drizzling a little of the
fat into the container. Chill until ready to use. Pour remaining fat
and liquids into a container and chill until solid. You will be left
with a thick layer of flavorful fat which can be re-used, and a thin
layer of flavorful gelatinized broth which can be added to soups
or sauces.

Dressing:

2 Tb sherry vinegar
1/8 tsp kosher salt
1/2 shallot, minced
1 tsp Dijon mustard
4 Tb extra-virgin olive oil

To make dressing, combine vinegar with salt, shallot and
mustard. Let sit at least 15 min to dissolve the salt and slightly
pickle the shallot. Whisk in oil, then season to taste with more
salt and pepper if desired.

Salad:

1 slice bacon, sliced into lardons
1 1/2 C reserved gizzards, sliced
2 tsp honey
Black pepper
2 sm heads butter lettuce, torn
1/4 C walnut pieces, toasted
Cherry tomatoes, halved
3 Tb fresh chives, finely sliced

To prepare salad, cook bacon over medium until lightly crispy.
Transfer to a paper towel-lined plate to drain. Wipe out the pan.
Season sliced gizzards with honey and pepper. Sauté in the
same pan until warmed and lightly browned. Set aside. In a
large bowl, toss the salad greens lightly with some of the
dressing to coat. Season to taste. Divide greens between each
plate. Top with toasted walnuts, lardons, tomatoes, and warmed
gizzards. Sprinkle with chives. Serves 6.

NORMANDY STYLE COD WITH CREAMED LEEKS & CARROT PURÉE

Creamed Leeks:

2 large leeks
1 Tb butter
Pinch kosher salt
3/4 C water
1/2 tsp chicken Better than Bouillon
1/2 C heavy cream
Pinch ground white pepper
Big squeeze of lemon juice
1/4 C grated parmesan
2 Tb fresh chives, finely sliced
Kosher salt to taste

Clean leeks well. Discard root ends and any bruised leaves.
Reserve dark green tops for sauce. Cut white and light green
parts in quarters lengthwise, then slice 1/4" thick. Melt butter in a
large sauté pan over med-high heat. Add leeks and salt and
cook, stirring occasionally, for about 5 min. Reduce heat to
medium and cook until completely wilted, about 5 min more. Stir
in water and bouillon and cook, covered, for 10 min. Add cream
and pepper and cook, covered, for 10 min. Remove cover and
cook for a few minutes if needed to reduce liquid. Stir in lemon,
parmesan and chives. Season as needed with salt. Keep warm
until ready to serve.

Travels in France

NORMANDY STYLE COD WITH CREAMED LEEKS & CARROT PURÉE (Cont)

Carrot Purée:

1 lb carrots, trimmed and scrubbed
½ C water
2 Tb butter
¼ tsp kosher salt
2 tsp lemon juice

Halve or quarter the carrots and slice them no thicker than ¼ inch. Combine with water, butter and salt in a saucepan. Bring to a boil, then reduce to a simmer. Cover and simmer about 15 min until tender. Transfer to a blender, add lemon juice, and blend until quite smooth. Season with more salt or lemon to taste. Add a tiny bit more water as needed to purée, but the mixture should remain thick enough to stand up on the plate. Keep warm until ready to serve.

Leek Infused Cream:

1/3 C green leek tops, chopped
1 clove garlic, smashed
1 sm bay leaf
½ C heavy cream
Kosher salt

Combine all ingredients in a small saucepan. Bring to a simmer and cook on low, partially covered, about 20-30 min while you are making other side dishes. Strain and season with salt to taste. Keep warm until ready to serve. If sauce looks a little broken, whisk in about 1 Tb of cold cream just before serving.

Cod:

6 ea, 4-6 oz pieces cod or ling cod,
skin and bones removed
Kosher salt
1 Tb grapeseed oil
1 Tb butter

Once you have all side dishes ready, cook the cod just before serving. Arrange the cod on a plate and blot very dry with paper towels. Season both sides with salt. In a large non-stick skillet, heat oil and butter on med-high. Once pan is hot, slide in fish pieces. Cook about 3 min per side, depending on thickness of fillets. Transfer to a tented platter and keep warm in oven if not serving immediately.

To serve, spoon a nice dollop of carrot purée on one side of plate and drag to create a swoosh. Add a serving of creamed leeks in center, then top with fish. Spoon a couple tablespoons of leek cream beside fish. Serves 6.

MOUSSE AU CHOCOLAT

7 oz dark chocolate, chopped
2 Tb butter

Melt chocolate and butter until almost melted, using a double boiler or carefully in 30-sec intervals in the microwave. Remove from heat source and stir gently until completely smooth.

2 eggs, at room temperature
2 tsp orange liqueur

Add room temperature eggs and orange liqueur to chocolate mixture, then use a whisk to quickly combine the mixture until smooth and slightly cooled.

1 C heavy cream, whipped to soft peaks

Gently whisk about a third of the whipped cream into chocolate mixture to lighten it. Then, using a rubber spatula, carefully fold in second third of cream until almost combined. Add remaining cream and fold carefully until just combined.

Whipped cream, for serving

Gently transfer to serving dishes and chill at least 2 hours. Serve chilled with whipped cream. Serves 6.