



THE UPLAND COOK

GROUSE LOLLIPOP

The Upland Cook: Molecular Harmony



Easy



60 minutes



Lunch



6-8 servings

As I delve into the world of culinary experimentation, my latest creation, the Grouse Lollipop, pays homage to the global history of chicken skewers while embracing the innovative concept of molecular harmony. Inspired by François Chartier's remarkable use of the sotolon molecule, I've combined old rum, coke, curry, maple syrup, and coconut to craft a harmonious blend that's informal yet rich in flavor. It's a delightful experience, perfect for sharing tales with fellow hunters around the campfire. Join me on this gastronomic adventure as we savor the unique Grouse Lollipop.

INGREDIENTS

- 4 Grouse breasts
- 125 g Gruyère or Swiss cheese
- 15 ml cream 35%
- Salt
- Sauce :
- 120 ml the Coke
- 120 ml of Old Rhum
- 60 ml maple syrup
- 60 ml birch or molasses syrup
- English Breading
- Egg
- Breadcrumbs
- Flour
- Nut crumble
- 60 ml almonds
- 60 ml walnuts
- 60 ml peanuts
- 60 ml pistachios
- 60 ml maple syrup
- Coconut
- 120 ml Unsweetened Coconut
- 15 ml curry powder
- Side
- Dates
- Fresh pineapple

STEPS

Sauce

- Combine all the ingredients in a saucepan and reduce by 2/3 until you get a syrupy sauce

Crumble

- Combine all ingredients and roast in the oven for 10-15 minutes at 350° F
- Crush the mixture with a roller or with a robot to obtain a coarse powder

Coconut

- Combine the coconut and curry, roast in the oven for 5 minutes at 300° F. Be careful it burns easily.

Lollipop

- In a food processor, mix grouse breasts with cheese and 35% cream until a paste is obtained.
- Make small balls with the dough and place in the freezer for 15-20 minutes
- Use English breading technique and fry for 6-7 minutes at 350°

Prepare small skewers of dates and pineapple, cook on the BBQ

Just before serving drizzle with sauce, sprinkle with coconut and nut crumble

To drink? A good Rum and Coke

