



LABRADOR TEA WOODCOCK

The Upland Cook Series: Gastronomy



Difficult



240 minutes



Dinner



3-4 Portions

Sous-vide woodcock with Labrador tea and liden, mushroom daube, puffed wild rice

INGREDIENTS	STEPS
1 or 2 woodcocks per person	Mushroom daube and puffed rice can be prepared the day before to save time .
2 escalope of foie gras	Mushroom daube (preparation time 5-6 hours)
250 grams grey oyster mushrooms	- Cut mushrooms into 2-3 cm pieces
250 grams black oyster mushrooms	- Finely chop shallots, garlic and prosciutto
100 grams prosciutto	- Melt duck fat
3 grey shallots	- Sweat shallots for 3-4 minutes
1 clove garlic	- Add mushrooms, cook over low heat for 5-10 minutes
Dried mushroom powder	- Add garlic, cook 5 minutes
1 liter dry white wine	- Add prosciutto, cook 2-3 minutes
1 liter partridge or woodcock stock	- Add half a liter of wine (keep the other half to drink or rectify the daube)
250 ml migratory bird stock (geese, ducks)	- Add the bouquet garni
400 ml Mirepoix (leek, carrot, celery)	- Reduce by half over very low heat
250 ml wild rice	- Add the partridge/woodcock stock
Mirin	- Cook slowly for 4-5 hours, the mixture should be dry at the end.
Soya sauce	<i>Aromatic salt</i>
Bouquet garni	- Grind the sweet gale and dune pepper add to fleur de sel
Labrador tea	Dried mushroom powder
Dried linden leaves	- Process the dried mushrooms of your choice in a food processor to obtain a fine powder.
Birch syrup	
Sweet gale	
Dune pepper	
Salt	
Duck fat	
Butter	
Vegetable Oil	



Puffed wild rice

- Heat the oil in a high saucepan until almost smoking.
- Pour rice in small quantities at a time.
- Remove the rice from the oil and pat dry with a paper towel.
- Allow the rice to cool to room temperature (if you prepare it in advance, place it in an airtight dish in the fridge).

Just before serving, prepare the rice dressing

- Mix 15 ml soy sauce with 7.5 ml mushroom powder, 15 ml mushroom powder and 2 or 3 grains of ground sweet gale, a little birch syrup and a little salt.
- Mix the vinaigrette well, then add to the rice. Adjust the amount of rice or vinaigrette to taste.

Preparing the woodcock

- 1- Set aside the giblets
- 2- Brown the woodcock in butter for 1-2 minutes.
- 3- Remove the legs and breasts.
- 4- Vacuum-bake the legs with butter and 3-4 leaves of Labrador Tea and a few dried linden leaves for 2 hours at 65 degrees Celsius.
- 5- Vacuum-cook the breasts with butter, 3-4 Labrador tea leaves and a few dried linden leaves for 20 minutes at 62 degrees Celsius.

6- While the woodcocks are cooking, prepare the sauce

- Brown the woodcock carcasses and giblets in butter.
- Add the mirepoix and cook for 5-10 minutes.
- Deglaze with wine
- Add the migratory bird stock.
- Cook for 30-45 minutes.
- Strain through a sieve
- Reduce by $\frac{3}{4}$ and whisk in butter

7- Pan-fry the foie gras and set aside.

8- Put thighs and breasts through a burner to caramelize the skin.

Assemble the dish

- Place a generous amount of puffed rice in a cookie cutter, followed by the mushroom daube.
- Place legs and breasts and foie gras on top
- Add the sauce
- Sprinkle with aromatic salt and a little dried mushroom powder

Serve with a fine Burgundy wine (Gevrey - Chambertin, @Domaine Henri RICHARD)