



WATERFOWLERS MAC N CHEESE

The Upland Cook: Fast Food Deluxe

THE UPLAND COOK



Easy



60 minutes



Lunch



3-4 Portions

Wondering what to do with goose or duck hearts? I've got the perfect solution: macaroni and cheese with waterfowl heart, Montreal smoked meat and bacon. A bold recipe that celebrates the hunt and authentic taste. Turn these little treasures into an unforgettable feast. 🍴📱 #RecetteSauvage #ChasseursCulinaires #GastronomieWildWest

INGREDIENTS

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10 goose or duck heart
225 g strong yellow cheddar
225 g Velveeta cheese
225 g Montreal smoked meat (even better, duck smoked meat)
150 g bacon
1 onion
1 clove garlic
1 can evaporated milk
600 ml red beer
30 ml (2 tbsp.) butter
30 ml (2 tbsp.) unbleached all-purpose flour
750 g cooked macaroni
60 ml butter
60 ml flour
30 ml smoked paprika

ÉTAPES

Preparing the hearts

- Trim hearts and cut into 4 pieces
- Cut onion into brunoise
- Cut bacon into small pieces
- Mince garlic clove
- Brown hearts, onion, garlic and bacon in a frying pan.
- Set aside

Macaroni

- Cook macaroni 1-2 minutes less than necessary

Cheese sauce

- Melt butter in a saucepan over medium heat. Add flour and spices and cook for 1 minute, stirring with a whisk. Add evaporated milk and beer, bring to the boil, stirring constantly. If necessary, strain the sauce.
- Add the two cheeses and stir well to melt.

Combine the sauce with the hearts and macaroni, add the smoked meat chunks and mix well. Place in an ovenproof dish.

- Add a little cheddar cheese on top for a gratin.
- Bake at 375 F for 20 minutes.
 - - Broil for 5 minutes

