

European Dinner Parties

France

Cecile and Francois Attard's French menu from the Southwest of France.

- Salade geziers au Cabécou
- Confit duck legs with potatoes sarladaise
- Cheese board selection
- Chocolate profiteroles

Ingredients and cooking tips

Appetizer: Salade geziers au Cabécou

Ingredients: (4 servings)

1 Cabécou (goat cheese)
1 Batavia lettuce (leafy)
1 pound duck gizzards
¼ pound bacon (slices)
½ cup walnuts
4 slices of French baguette
Vinaigrette dressing

Wash the lettuce, cut into strips and set aside.

Cut the Cabécou in slices and put them on a slice of bread.

Heat in microwave for one minute.

Sauté the bacon and gizzards separately to eliminate excess fat.

Place ingredients in a bowl, season with a classic vinaigrette dressing (or use oil and vinegar)

Eat the salad, topped with walnuts, while the bacon and gizzards are still warm.

Main course: Confit duck legs with potatoes sarladaise (4 persons)

Ingredients:

4 duck legs confit
2 pounds of potatoes
3 cloves of garlic 1 jar of ceps or porcini (mushrooms)
½ bunch parsley
Salt and pepper to taste

Cooking Instructions:

Peel and cut the potatoes into medium-sized slices.
Peel and finely chop the garlic.

Cook the potatoes and garlic in a pan.
Place the duck legs in the pan skin side down.
Brown for 5-10 minutes on medium heat.

Place a sheet of parchment paper in a baking dish.
Once the legs are golden, drain them over the pan and put them in the baking dish.
The parchment paper absorbs the fat.
Leave a little of the duck fat in the pan.
Set the garlic and potatoes aside (it will be a side dish).
Salt and pepper lightly.

Cook for the legs for 20-25 min. Check and turn them regularly.

In the meantime rinse and drain the mushrooms.
Wash, dry and finely chop the parsley.

Add the mushrooms and parsley to the legs 5 minutes before the end of cooking the legs.
Adjust seasoning if necessary.

Then preheat oven to 350 F.
Put the duck legs in the oven with the potatoes and garlic.
Bake for 20 minutes and serve hot.
(In France they sometimes divide the "potatoes sarladaises" in mini casserole dishes).

Cheese board selection

The French often have cheese in between the main meal and dessert. The picture (on the website) shows a selection of the most popular ones.

Dessert: Chocolate profiterole (for 12 “cabbages”)

For the choux pastry (profiteroles)

3 oz unsalted butter
4 oz flour
1 cup water
3 eggs
2 teaspoons of sugar
Pinch of salt

Preheat oven to 400F.

Heat butter, water and sugar in a saucepan.

When everything is melted add the flour and salt and mix well with a wooden spoon (dough should not stick to spoon or pan).

Take off the heat.

Add eggs one at a time. Stir until smooth each time.

Let it cool down for 10-15 minutes.

Lightly grease the baking sheet.

Place dough in small piles. (Use pastry bag or two spoons.)

Bake 20-25 minutes.

For the chocolate sauce

5 ounces semi-sweet chocolate, broken in pieces
¼ cup of milk
1 tablespoon of butter

Melt the chocolate in a double boiler pan.

Remove from heat. Add the butter and whisk.

For the filling cream

1 pint of cream
1/4 of a cup of powdered sugar
1 packet of vanilla sugar

Whip the cream with the sugar, refrigerate.

(Or use 1 orange, zest only, instead of sugar. Others also use ice cream or custard for the filling.)

Assemble the profiteroles

When the profiteroles are cold, prick the base of each with a skewer.
Place them back onto baking sheet with the hole in the base facing upwards.
Return to oven for 5 minutes.
(Warm air of the oven helps to dry out the middle of the profiteroles.)

Then use a piping bag to pipe the cream into the profiteroles.
Place the stuffed profiteroles in a large serving dish and pour over the chocolate sauce.
Serve hot or cold.

Bon Appétit