



## **FRICASSEE OF SNAILS WITH CARROT PUREE, RED WINE SAUCE AND PEARL ONIONS w/ BRIOCHE CROUTON**

### **Ingredients**

**Red Wine Sauce -** 50g chopped carrots  
50g chopped celery  
50g chopped onion  
50g chopped tomato  
250ml red wine  
30ml port  
Sprig of thyme  
2 fresh bay leaves  
250ml veal stock  
Chopped parsley  
50g peeled, de-seeded and diced raw tomato

**For the Snails -** 40 best quality snails (tinned ones are the best in this country)  
100g chopped eschalots  
50g butter

### **Method**

**For the  
Carrot Puree -** 250g peeled and chopped carrots  
200ml cream

**For the  
Pearl Onions -** 200g fresh pearl onions  
50g butter  
Cold water  
Rock salt

4 triangles of thick cut brioche pan fried in butter until crisp and golden

### **To make the Sauce**

Cook the carrots, celery and onions in a little butter until well coloured - NOT burnt, add the tomato and the herbs. Deglaze with the red wine and reduce by 2/3rds add the veal stock and reduce until it coats the back of a spoon. Strain through a sieve, add the port and raw diced tomato set aside.

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### **To cook the Snails**

Rinse the snails under cold water. Melt the butter in a skillet add the eschalots and cook for a couple of minutes, add the snails add sauté for 1 minute more. Remove from the heat and set aside.

### **For the Carrot Puree**

Cover the carrots with the cream, bring to the boil, and simmer until tender. Pass off the cream and puree in a food processor, pass through a fine sieve, check seasoning set aside.

### **For the Pearl Onions**

Soak the onions in hot water for 3 to 5 minutes, then peel, keeping as much of the root on as possible. Cover with water; add the salt and the butter. Bring to the boil and turn down to the simmer cook for 5 minutes or until tender. Check this by inserting the tip of a knife. When tender drain off the water and set the onions aside.

### **To Serve**

Re-boil the red wine sauce, add the snails, onions and chopped parsley. Check the seasoning. Re heat the carrot puree.

In four soup bowls place a scoop of the carrot puree just off centre, then spoon the snail and sauce combination next to that. Sit a crouton onto the opposite side of the puree to the sauce, serve immediately.

Serves 4

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