

CHRISTMAS 2018



FRANCHI
FOOD ACADEMY

Christmas Menù 2018

APPETIZER

Boiled wild boar
Deer mini-meatballs with spicy sauce

FIRST COURSE

Deer cappelletti with rosemary and orange

SECOND MEAT COURSE

Clay pot quails with mushrooms
Deer fillet with carbonara sauce

DESSERT

Fruit salad



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Appetizer

BOILED WILD BOAR, AVOCADO PURÉE, TOMATOES SALAD AND GREEN BEANS

INGREDIENTS (4 persons)

G 500 wild boar loin

Kitchen string

L 1 vegetable broth seasoned with orange and rosemary

N 1 avocado

G 80 beans

G 80 diced tomatoes

EVO oil to taste

Salt and black pepper to taste

DIRECTIONS

- Tie the wild boar loin with the string, plunge it into boiling vegetable broth seasoned with orange and rosemary. Let cook for about 50 minutes.
- Remove the string and cut the loin into thin slices.
- Cut the avocado into two halves, scoop out the pulp with a spoon and blend with the immersion blender (minipimer). Season with salt and extra virgin olive oil.
- Clean the green beans, cut them into cubes and blanch in boiling water for 1 minute, drain and cool.
- Cut the tomatoes in half, add the green beans and season with extra virgin olive oil, salt and pepper.
- Pour the avocado purée into a serving dish with the wild boar slices and garnish with tomatoes and green beans.

Difficulty: medium

Preparation time 60'

Kcal 325

Running M 29' F40'

Wine Trebbiano D'Abruzzo DOC

Appetizer

DEER MINI-MEATBALLS WITH SPICY SAUCE

INGREDIENTS (4 persons)

G 300 minced deer meat
G 100 minced bacon
N 1 egg
MI 100 white wine
 Marjoram to taste
G 50 grated Parmesan cheese
G 50 breadcrumbs
G 200 datterini tomatoes
G 100 red pepper
G 50 shallot
G 100 Philadelphia cheese
 EVO oil to taste
 Salt and ground black pepper to taste

DIRECTIONS

- Put in a bowl the minced deer meat, bacon, egg, grated Parmesan and chopped marjoram. Season with salt and pepper.
- Form the mini-meatballs and roll them in the breadcrumbs.
- Cook the meatballs on all sides in a non-stick frying pan with extra virgin olive oil, simmer with wine, cover and cook slowly for about 5 minutes.
- In a "polsonetto" (pan with an handle) cook the datterini tomatoes cut into half with the cubed pepper in extra virgin olive oil.
- Blend the mixture with a minipimer, sift and season with salt and pepper.
- Combine the Philadelphia cheese, salt and pepper and put it into a pastry bag.
- Arrange on a serving dish the spicy sauce, philadelphia and the warm meatballs.

Difficulty: medium

Preparation time 35'

Kcal 404

Running M 36' F 50'

Wine Rosso Conero Riserva DOCG



First course

DEER CAPPELLETTI WITH ROSEMARY AND ORANGE

INGREDIENTS (4 persons)

G 300 egg pasta
G 30 grated Fontina cheese
G 80 butter
G 30 shallot
G 200 deer
G 50 speck
G 50 butter
Wine to taste
Rosemary to taste
½ orange rind

DIRECTIONS

- Sauté the shallot with butter, add the venison cut into cubes, the speck and the wine and simmer until evaporated.
- Combine the grated Fontina cheese with the egg.
- Roll out the dough, cut into small squares, add the stuffing and close, giving the classic hat-shape (cappelletto).
- Cook the cappelletti in plenty of salted water, drain and toss with butter, rosemary and orange rind. Season with salt and serve immediately.



Difficulty: medium
Preparation time 30'
Kcal 536
Running F 67' M 48'

Wine Il Famoso nel Grottino Marche IGT 2014 Az. Bruscia



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Second meat course

CLAY POT QUAILS WITH MUSHROOMS

INGREDIENTS (4 persons)

N 4 quails (g 100 each)

A sprig of rosemary

A sprig of sage

N 1 clove of garlic

G 100 white wine

G 200 vegetable broth

N 1 anchovy

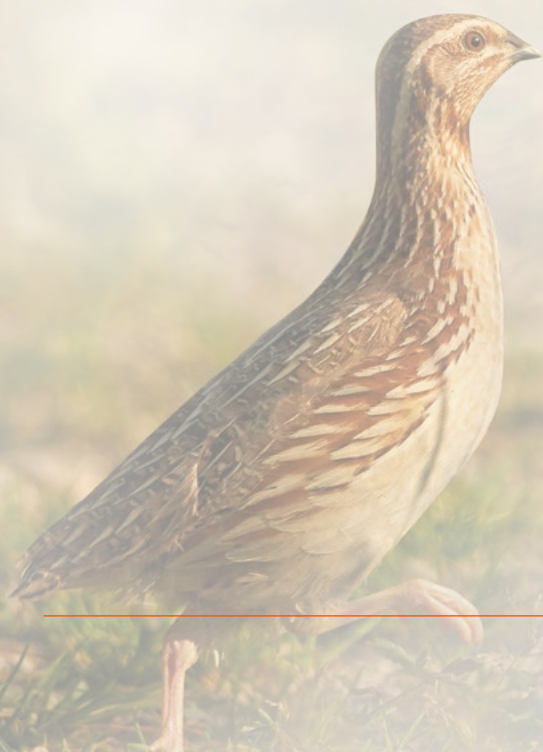
G 80 black olives

Parsley to taste

Lemon zest to taste

DIRECTIONS

- Clean the quails; singe and wipe well.
- Season with salt and pepper, fill the quail with chopped olives, anchovy, parsley and lemon zest, tie with a string.
- Sear the quails on all sides in a non-stick frying pan. Add the wine and put them into the clay pot. Add the broth, cover and let cook on a side of the stove top. (avoid cooking over direct, high heat, alternatively you can cook over embers in the fireplace)
- Let cook for about 15 minutes.
- Clean well the Champignon mushrooms, cut them into slices, add salt and pepper . Sear them in a pan.
- Uncover the quails and let the sauce thicken.
- Arrange the mushrooms on a serving dish with the quails and their liquid.



Difficulty: medium

Preparation time 40'

Kcal 260

Running M 23' F 32'

Wine Castelli di Jesi Verdicchio Riserva DOCG

Second meat course

DEER FILLET WITH CARBONARA SAUCE

INGREDIENTS (4 persons)

N 4 slices of venison fillet (100g each)

N 2 egg yolks

G 50 slices of cheek lard (guanciale)

G 50 grated Pecorino cheese

String

Black pepper and salt to taste

EVO oil to taste

DIRECTIONS

- Tie the fillet of venison with the string.
- Sear the medallion in a non-stick frying pan on each side. Set the meat aside.
- In a double boiler, whip the egg yolks with the Pecorino, a pinch of salt and pepper.
- Cook the slices of cheek lard in the microwave to get them crispy.
- Arrange the fillet on a serving dish, spoon the carbonara sauce on top. Garnish with the crispy slices of lard.



Difficulty: medium

Preparation time 30'

Kcal 341

Running M 31' F 42'

Wine Sforzato di Valtellina DOCG