



FRANCHI
FOOD ACADEMY

MERRY CHRISTMAS

MENU 2020

Starter

Venison carpaccio with cauliflower couscous
Leg and breast of quail fried with breadcrumb crust

First Course

Venison lasagna

Second Course

Mallard breast stuffed with truffle

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VENISON CARPACCIO WITH CAULIFLOWER COUSCOUS



STARTER

★ **DIFFICULTY** Low

🕒 **PREPARATION** 30'

👤 **SERVES** 4

🦌 **GAME** Fallow deer

🔥 **CALORIES** 311 Kcal

👨 **CHEF** Roberto Dormicchi

INGREDIENTS

G 400 thin slices of fallow deer fillet
G 200 cauliflower
G 50 celery
N 1/2 lime
N 1 clove of garlic
Ginger to taste
Salt and pepper to taste
Extra virgin olive oil to taste

PREPARATION

- Pound the slices of meat until they are thin enough, then remove all the fat and nerves. Lay the carpaccio slices on a large serving dish.
- Prepare a sauce in a bowl with half a glass of extra virgin olive oil, half a lime juice, salt, pepper and 2 ginger cubes.
- Let the sauce macerate for 10' in the refrigerator, then filter.
- Drizzle the sauce over carpaccio and let rest for some minutes before serving.
- Wash the cauliflower, blend it in the mixer to crumble the flowers and cook in boiling salted water for 1'.
- Drain the cauliflower and allow to cool. Season with garlic without the core, salt, pepper and extra virgin olive oil.
- Once the celery is cleaned, remove all fibrous parts with a potato peeler and cut it into julienne.
- Put the celery strips in iced water, drain and dry well before serving.
- Serve the deer carpaccio with the cauliflower couscous and the crunchy celery.



🍷 **WINE** Sauvignon Zuc di Volpe Pasini Az. Agricola Volpe Pasini



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LEG AND BREAST OF QUAIL FRIED WITH BREADCRUMB CRUST

STARTER

★ **DIFFICULTY** Low

🕒 **PREPARATION** 30'

👤 **SERVES** 4

🦋 **GAME** Quail

🔥 **CALORIES** 349 Kcal

👨 **CHEF** Roberto Dormicchi

INGREDIENTS

N 2 quails
N 2 eggs
G 150 breadcrumbs
G 120 misticanza salad
Lime juice and grated ginger to taste
Salt and pepper to taste
Peanut oil to taste
Extra virgin olive oil to taste

PREPARATION

- Singe and wash well the quails, bone them to obtain breasts and legs.
- In a bowl whisk eggs with salt and pepper.
- Season breasts and legs with lime and ginger, dip them in egg mixture and coat with breadcrumbs; repeat twice.
- Heat the peanut oil to 180° C (356° F), fry the breasts first, remove from the oil and dry on a paper towel.
- Serve the meat with misticanza seasoned with extra virgin olive oil and salt.



🍷 **WINE** Franciacorta Satèn DOCG



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VENISON LASAGNA



FIRST COURSE

★ **DIFFICULTY** High

🕒 **PREPARATION** 60'

👤 **SERVES** 4

🦌 **GAME** Deer

🔥 **CALORIES** 600 - 700 Kcal

👨 **CHEF** Roberto Dormicchi

INGREDIENTS

G 320 flour "00"
N 6 egg yolks
N 1 egg
G 30 celery
G 30 carrot
G 30 onion
N 1 clove of garlic
G 30 extra virgin olive oil
G 200 deer meat
G 400 passata (tomato puree)
G 300 milk
G 15 butter
G 15 flour
G 50 Parmesan cheese
Thyme and marjoram to taste
Nutmeg to taste
Salt and pepper to taste



PREPARATION

- For the pasta, mix flour with eggs and a pinch of salt. Knead it and cover the dough with cling film. Let it rest for 10'.
- Roll out the dough and cut it into rectangles of about 15 cm x 5 cm using a ravioli cutter. Cook for few minutes in boiling water, drain and lay on a linen cloth.
- For the ragout, heat the extra virgin olive oil in a frying pan, stir-fry the garlic clove in half without the green germ, celery, carrot, onion, thyme and marjoram. Add the tomato puree and let cook for 30'.
- Cut venison meat with knife and cook in a non-stick frying pan over high heat. Then, pour the meat in the tomato sauce and stir to combine.
- For the béchamel sauce, bring the milk to a boil with a pinch of nutmeg. Make a roux with butter and flour in another saucepan; add boiling milk stirring constantly with a whisk. Season with salt.
- On a baking pan, alternate layers of pasta with layers of ragout and béchamel until you reach the top. Sprinkle with grated Parmesan cheese and bake in oven for about 20' at 180° C (356° F).

🍷 **WINE** Langhe Nebbiolo Monprà-Conterno Fantino



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MALLARD BREAST STUFFED WITH TRUFFLE



SECOND COURSE

★ **DIFFICULTY** Medium

🕒 **PREPARATION** 25'

👤 **SERVES** 4

🦆 **GAME** Mallard

🔥 **CALORIES** 289 Kcal

👨 **CHEF** Roberto Dormicchi

INGREDIENTS

N 2 mallard breasts (G 175 each)

G 100 ricotta

G 50 truffle

N 1 anchovy

G 50 white wine

G 100 vegetable broth

G 10 starch

G 80 toasted stale bread

Lemon zest to taste

Salt and pepper to taste

Extra virgin olive oil to taste

PREPARATION

- Using a sharp knife, cut a wide, deep pocket in the mallard breast.
- In a saucepan, stir-fry the anchovy and the truffle cut into cubes. Add the ricotta, lemon zest, salt and pepper.
- Fill the pocket with the ricotta and tie with a string.
- Sear the breasts on all sides in a non-stick frying pan. Add the wine and let it evaporate. Add the broth and combine with the starch diluted in water.
- Cut the breasts into slices, arrange on a serving dish and garnish with the cooking liquid and the stale bread toasted in oven.



🍷 **WINE** Collio Ribolla Gialla DOC