



FRANCHI
FOOD ACADEMY



HAPPY
NEW YEAR

MENU 2022

Starter

Venison, bagna cauda and hazelnuts
Salted venison with cauliflower and wild asparagus

First Course

Trentingrana tagliolini venison stock and bread sauce

Second Course

Wood pigeon, chicory, red fruit apples and hazelnut sauce



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VENISON, BAGNA CAUDA AND HAZELNUTS



STARTER

★ **DIFFICULTY** Low
🕒 **TIME** 50'

👤 **SERVES** 4
🍷 **GAME** Roe deer

🔥 **CALORIES** 1026 Kcal
👨 **CHEF** Edoardo Sbaraglia

INGREDIENTS

G 500 venison leg
G 500 fresh cream
G 250 whole milk
G 10 garlic
G 10 capers
G 60 anchovies
G 50 toasted hazelnuts
G 200 sunflower seed oil
G 50 parsley
Salt to taste
Pepper to taste

PREPARATION

- Trim the roe deer leg to obtain 4 pieces of about 125 g each.
- For the bagna cauda, blanch the garlic in 50 g of hot milk. Repeat this process 5 times, changing the milk each time, to reduce the strength of the garlic flavor. Place the cream, capers, anchovies and blanched garlic in a small saucepan. Cook on a low heat for about 20' then blend the mixture.
- To make the parsley oil, blanch the parsley leaves for 2" in boiling salted water, then plunge immediately in ice water to maintain their bright color. Take the blanched parsley and blend with the sunflower seed oil.
- Sear the pieces of venison, on a hot grill, for 2' on each side. Pour the bagna cauda onto a plate and arrange the pieces of venison on top. Season the meat with salt and pepper, add the toasted hazelnuts and dress with the parsley oil.



🍷 **WINE** Trentino Lagrein Riserva DOC



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SALTED VENISON WITH CAULIFLOWER AND WILD ASPARAGUS



STARTER

★ **DIFFICULTY** Low
🕒 **TIME** 30''

👤 **SERVES** 4
🦌 **GAME** Roe deer

🔥 **CALORIES** 386 Kcal
👨 **CHEF** Edoardo Sbaraglia

INGREDIENTS

Kg 2 boneless venison leg
N 2 colored cauliflowers
(purple, yellow or white)
G 150 wild asparagus
G 150 low-fat yogurt
G 18 fenugreek
Kg 3 fine salt
Kg 1 sugar
G 250 aromatic herbs

PREPARATION

- To start, degrease the leg, once clean, open it as if it were to be stuffed and sprinkle it with finely chopped aromatic herbs. At this point roll it up as if it were a roast and tie it well.
- Put sugar and salt in a bowl and mix well.
- In another large container place a rack, which will be used to drain the liquids during salting, and lay the leg. Then cover it with sugar and salt and leave it in the refrigerator for 48-72 h covered.
- Then wash it with cold running water, so as to eliminate salt residues.
- Clean cauliflowers and asparagus and blanch in water and salt. Then subject them to thermal shock by immersing them in water and ice.
- Combine the yogurt with the spices and fenugreek to obtain a sauce with a pungent and slightly spicy flavor.
- Blend a bit of the cauliflower so that you get a cream and leave the other bit as a whole.
- Make the dish by finely cutting the meat and then, playing with the colors, place cauliflowers and asparagus and garnish with the cream.
- You can store the rest of the meat in a vacuum refrigerator.



🍷 **WINE** Trentino Marzemino DOC



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TRENTINGRANA TAGLIOLINI VENISON STOCK AND BREAD SAUCE



FIRST COURSE

★ **DIFFICULTY** Medium

🕒 **TIME** 4 h

👤 **SERVES** 4

🦌 **GAME** Deer

🔥 **CALORIES** 489 Kcal

👨 **CHEF** Edoardo Sbaraglia

INGREDIENTS

Kg 1 venison leg
G 200 semolina
G 140 "00" flour
G 200 egg yolk
G 50 Trentingrana cheese
G 50 egg
G 200 onions
G 200 celery
G 150 carrots
G 100 bread
G 20 extra virgin olive oil to taste
Thyme, rosemary and sage to taste

PREPARATION

- Knead the flour with semolina, Trentingrana, egg yolks and pasta eggs. After kneading, let it rest for a couple of hours in the refrigerator covered with film. After this time, roll out the dough at approx. 5 mm.
- Once the sheet has reached the right size and thickness, put it on a floured dish towel and with this help roll it up on itself. Using a long, smooth knife, slice the roll into slices of maximum 3 mm thick, sprinkle with flour and unroll, removing excess flour.
- Dry on the pin or place them on a tray covered with a floured towel so that they do not stick together.
- Roast the vegetables in the oven together with the cut meat in pieces of about 4 cm x 4 cm and, when ready, transfer to a small saucepan, coat with ice and cold water and boil for about 3 h. After cooking, adjust salt and pepper.
- Prepare a bread sauce by removing the outer crust of the bread, then stir-fry the bread with oil until golden brown and then add water to the brim. Cook, add herbs and mix.
- Cook the tagliolini in venison stock for 3-4'.
- Place the bread sauce on the bottom, add tagliolini with the venison stock and a few pieces of boiled venison and serve.



🍷 **WINE** Trentino Pinot Nero DOC



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WOOD PIGEON, CHICORY, RED FRUIT APPLES AND HAZELNUT SAUCE

SECOND COURSE

★ **DIFFICULTY** Medium
🕒 **TIME** 60'

👤 **SERVES** 4
🐦 **GAME** Wood pigeon

🔥 **CALORIES** 525 Kcal
👨 **CHEF** Edoardo Sbaraglia

INGREDIENTS

G 570 wood pigeon
G 130 apples
G 95 red fruit mix
G 175 cicoria asparago
G 130 cicoria asparago leaves
G 30 anchovies
G 15 lemon
G 80 extra virgin olive oil
G 5 rosemary, sage, thyme, garlic
G 25 hazelnut paste
G 75 cooking juice
Salt to taste
Pepper to taste

PREPARATION

- Wash the red fruits and blend them cold with an immersion blender, then filter skins and seeds, if present.
- For the hazelnut sauce, add two parts of the cooking juice with a part of the hazelnut paste and mix well together.
- Then make the anchovy emulsion by mixing in a glass anchovies, lemon, oil, salt, pepper and garlic and blend everything together.
- Then clean the cicoria asparago from the outer leaves, cut them in halves and leave them to soak in cold water and ice. Blanch the leaves in salted water for 1', cool them quickly in water and ice and then blend and season with oil, salt and pepper.
- Take the whole pigeon and season it lightly with salt also on the side of the carcass. In a frying pan with oil, lightly cook it over low heat on the side of the breast until the skin is crisp. Remove the sides to facilitate the cooking of the legs. Finish cooking in the oven at 200 °C (392 °F) for 2'.
- Pour the cicoria asparago leaves sauce on a flat plate randomly using a spoon. Season the cicoria asparago with the anchovy emulsion and place them in the center of the dish. Cut the apple into matchsticks and season it with salt, pepper and red fruit sauce and then arrange them on the plate. Draw the pigeon's breast and legs and place them on the plate. Season the whole with the hazelnut sauce.



🍷 **WINE** Candia dei Colli Apuani DOC
Vermentino Nero