



**FRANCHI**  
FOOD ACADEMY



# MERRY CHRISTMAS

## MENU 2023

### **Starter**

Venison tongue and bresaola  
Wild boar meatballs with sauce and gremolada

### **First Course**

Wild boar and sour cherries cappelletti

### **Second Course**

Sika venison stew (chakapuli)



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# VENISON TONGUE AND BRESAOLA



STARTER

★ **DIFFICULTY** Medium  
🕒 **TIME** 15'

👤 **SERVES** 4  
🦌 **GAME** Deer

🔥 **CALORIES** 340 Kcal  
🏃 **ACTIVITY** M 25' F 35'

## INGREDIENTS

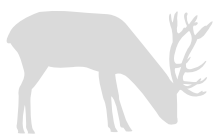
G 900 venison tongue  
G 27 salt  
Flavorings to taste

### For the green sauce

G 120 parsley  
G 80 crumbs stale bread  
N 1 garlic clove  
G 100 extra virgin olive oil  
mL 30 vinegar  
G 20 missoltino

## PREPARATION

- For the bresaola, weigh the radical lower part of the two tongues, add the salt, the aromas, marinate for 24 h in the refrigerator, let it age for 15 to 30 days and at the end of the season, slice.
- For the green sauce, soak the breadcrumbs in vinegar, whiten the parsley (with stem) 1' in boiling water and stop cooking in water and ice. In a kitchen mixer, combine all the ingredients and blend until a smooth and homogeneous sauce is obtained.
- Remove the tongues of the outer skin, season with oil and burnt on a burning embers.
- Slice the cooked tongue with a knife, season with green sauce and serve with the tongue bresaola next to it.



🍷 **WINE** Chardonnay Jura  
👨 **CHEF** Matteo Vergine





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# WILD BOAR MEATBALLS WITH SAUCE AND GREMOLADA



STARTER

★ **DIFFICULTY** Low  
🕒 **TIME** 2 h

👤 **SERVES** 4  
🦊 **GAME** Wild boar

🔥 **CALORIES** 650 Kcal  
🏃 **ACTIVITY** M 59' F 81'

## INGREDIENTS

G 800 wild boar pulp  
G 100 seasoned lard  
G 150 Parmesan cheese  
G 15 salt  
N 3 eggs  
Seed oil to taste

### For the sauce

kG 2 peeled tomatoes  
G 500 onions  
G 25 garlic  
G 12 salt  
Extra virgin olive oil to taste

### For gremolada:

G 60 parsley  
G 12 anchovies in oil  
G 6 lemon zest

## PREPARATION

- Chop the wild boar meat and season it with the rest of the ingredients until you get a well-blended mixture. Form the meatballs of 60 g each and fry them for 5' in hot oil at 170°C (338°F).
- Finely chop the onions and garlic. Put the extra virgin olive oil in a saucepan and brown the mince. Once browned, pour the peels, add the salt and cook for about 30' over medium/low heat.
- Add the previously fried meatballs to the tomato and cook for another 20'.
- Take the parsley, anchovies and lemon zest and chop everything to get the gremolada.
- Serve the meatballs still warm with their sauce and finish the dish with a generous touch of gremolada.



🍷 **WINE** Curtefranca DOC Rosso

👨 **CHEF** Edoardo Sbaraglia



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# WILD BOAR AND SOUR CHERRIES CAPPELLETTI



FIRST COURSE

★ **DIFFICULTY** Medium

🕒 **TIME** 3 h 30'

👤 **SERVES** 4

🐷 **GAME** Wild boar

🔥 **CALORIES** 663 Kcal

🏃 **ACTIVITY** M 60' F 82'

## INGREDIENTS

G 450 wild boar  
G 27 salt  
G 5 pepper  
mL 120 extra virgin olive oil  
N ½ glass red table wine  
N 1 egg  
G 150 sour cherries "in the sun"  
mL 240 sour cherries juice  
G 50 Parmesan cheese  
G 80 steamed spinach sieved pulp  
G 150 semolina  
G 100 shallot  
G 100 celery  
G 100 carrots  
L 4,05 cold water  
G 50 flour "0"  
G 20 precooked beetroot  
mL 100 vegetable oil  
G 1 agar agar  
Marjoram to taste  
Bay leaves to taste

## PREPARATION

- Prepare a volcano with the semolina, add the sieved spinach and salt. Knead until smooth and homogeneous. Let it rest for about 30'.
- Place 350 g of wild boar, oil (50 mL), salt (15 g), pepper, marjoram, bay leaf, wine, sour cherries (100 g) and sour cherry juice (70 mL) in a bowl. Mix well. Pour into a baking sheet and bake for about 30' at 180 °C (356 °F).
- Prepare a brown base with 100 g of wild boar, shallots, celery, carrots, sour cherries (50 g) and sour cherry juice (70 mL), salt and oil. Bake in the static oven for about 20' at 170 °C (338 °F). Pour everything into a pot and cover with cold water. Continue cooking over moderate heat for 1 h and 30'. Filter the broth well.
- Mix flour (50 g), water (50 mL), with a mixer. Roll out the mixture in the silicone moulds, using a spatula. Bake in a static oven at 150 °C (302 °F) for 16'. So, you get a crunchy decoration.
- Place the seed oil in the freezer for 40'. Bring the sour cherries juice to a boil with agar agar for 3'. Pour the mixture into a bottle or take it with a syringe without a sterilized needle. Drip into the cooled oily solution. Once the balls are obtained, you can rinse them in running water.
- Once the boar is cooked in the oven, proceed to pass everything to the cutter in a coarse manner. Add the parmesan and the egg; mix the mixture until you get a soft dough.
- Roll out the dough, which is quite thin. With a round pastry cutter, form circles, in the center of which you will lay the meat mixture. Close the circle in half.



🍷 **WINE** Lacrima di Morro d'Alba Superiore "Torre degli Angeli"

👨 **CHEF** Martina Sciarra





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## SIKA VENISON STEW (CHAKAPULI)

SECOND COURSE

★ **DIFFICULTY** Low  
🕒 **TIME** 2 h

👤 **SERVES** 4  
🦌 **GAME** Deer

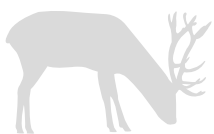
🔥 **CALORIES** 438 Kcal  
🏃 **ACTIVITY** M 40' F 55'

### INGREDIENTS

G 900 venison  
N 1 large onion  
G 450 sour plums, tomatillo  
or green tomatoes  
G 60 scallions  
G 24 tarragon leaves  
G 65 cilantro  
G 11 fenugreek  
N 3 cloves garlic  
N 2 dried chillies  
mL 120 dry white wine  
Turmeric powder to taste  
Extra virgin olive oil to taste  
Water or vegetable stock to taste

### PREPARATION

- In a pan with a heavy bottom and high edges, put the oil, the diced onion and the turmeric. Cook and stir often for 5'.
- Salt the meat, add it to the pan and lightly sauté on all sides. Add water or stock to cover the meat, bring to a boil and put a lid. Cook over low heat for 90' if you use cubed stew meat or 3 h if you use neck or shank meat.
- Season meat with salt, add to the pan and lightly brown all sides. Add water or stock to cover the meat, bring to a simmer and put a lid on it. Cook at a low simmer until the meat is almost fork tender, 3-4 h if using neck or shank meat, 40-90' if using cubed stew meat. Add water or stock as needed to keep meat covered while it cooks. Add water or stock if necessary to keep the meat covered during cooking.
- Once the meat is tender but not quite done, add the plums or tomatillos and dried chili peppers. Stir, partially cover and continue to simmer until the meat is tender. Just before serving, add the shallots, tarragon, coriander, fenugreek, garlic and wine. Stir and simmer for 5' to allow flavors to meld. Taste and adjust the seasoning as needed.
- Serve with bread or boiled potatoes.



🍷 **WINE** Carignano del Sulcis DOC

👨 **CHEF** Wade Truong