

Patty pan squash stuffed with foie gras and sweetbreads, with balsamic vinegar reduction

MAIN COURSES



Preparation time: 1 hour
Cooking time: 15 to 20 minutes
Servings: 4

Patrick Gérôme,
Executive Chef
Chef cuisinier national de l'année 1999
Auberge Le Baluchon, Saint-Paulin

Ingredients	Amount		Method
	Metric	Imperial	
Patty pan squash, 5 cm in diameter	12	12	<p>Slice off the stem end of each patty pan squash, scoop out half the flesh and set it aside.</p> <p>Blanch the squash for 2 to 3 minutes in boiling salted water, then plunge them in ice water and set them upside down to drain.</p>
Sweetbreads	200 g	8 oz	
Duck fat	50 g	2 oz	<p>Place the sweetbreads in a pot of cold water, bring to a boil and blanch for 10 to 15 minutes, depending on their size. Plunge them into ice water and remove the veins and membrane.</p> <p>Heat the duck fat in a small frying pan and sauté the sweetbreads until they are lightly browned. Add a small amount of water.</p> <p>Lower heat and simmer for 15 minutes. Add the finely diced reserved squash flesh and simmer for 2 to 3 minutes. Set aside.</p>
Balsamic vinegar	200 ml	Generous ¾ cup	
Maple syrup	20 ml	4 tsp.	<p>Reduce the balsamic vinegar over low heat to ¾ the original volume, then add the maple syrup and cream. Bring to a boil and set aside.</p>
Whipping cream	20 ml	4 tsp.	
Foie gras	100 g	4 oz	<p>Stuff the squash with the sweetbread mixture, top with a small slice of foie gras, salt and pepper to taste and one Tbsp. of the balsamic vinegar reduction. Replace the tops. Grease an ovenproof dish with a small amount of olive oil, add the patty pan squash and bake at 350°F for 15 to 20 minutes.</p>
Salt and pepper	To taste		
Olive oil	15 ml	1 Tbsp.	
Fresh herbs	As a garnish		
Vegetable	As an accompaniment		<p>Transfer to plates and top with the remaining vinegar reduction.</p> <p>Garnish with fresh herbs and assorted vegetables.</p>