

## Truffle Parisian Boudin Blanc with Mushroom Cream Sauce

Author: Chef Eric



Boudin Blanc is a delicate sausage, similar to a quenelle in texture, made with pork, chicken, fat, eggs, cream, breadcrumbs and seasonings. It is most often gently sautéed and served hot. Do not confuse with Boudin Noir, which is made of fresh pig's blood.

### Ingredients

- 1 x five-foot sections of casing, soaked in cold water
- 500 grams (17.6 ounces) lard cut into strips
- 250 grams (8.8 ounces) chicken breast or veal, extra lean, cut into strips
- 500 grams (17.6 ounces) French crumb, cubed
- ½ liter whole milk
- 20 centiliter crème fraîche
- 350 grams finely chopped onions
- 2 shallots finely chopped
- 1 teaspoon butter
- 3 pinches grated nutmeg
- 2 tablespoons chopped fresh marjoram or 1 tablespoon of dry marjoram
- 1 teaspoon of 5-spice powder
- 12 grams of chopped black truffles
- 4 eggs
- For the Court bouillon (poaching liquid):**
  - 1 carrot
  - 1 branch celery
  - 1 onion
  - 3 cloves
  - 2 bay leaves
- Morel Sauce:**
  - 2 tablespoons butter
  - 1 shallot
  - 1/2 pound morels mushrooms cleaned and trimmed
  - ½ tablespoon dried tarragon
  - 1 cup veal stock
  - ½ cup heavy cream
  - ¼ cup dry white wine
  - Salt and coarsely ground black pepper to taste

<b>Preparation Time</b>	45 min	<b>Difficulty</b>	Very challenging
<b>Portions</b>	6 servings	<b>Yield</b>	
<b>Country/Region</b>			

Vegetarian	No
------------	----

---

## Preparation

**Preparation steps:** Prepare a Panade, by mixing in a non-reactive bowl, cubed French crumbs, whole milk and crème fraîche. At room temperature, let the bread absorb the milk, for 30 minutes, kneading into the bowl time to time. Sweat into butter without colouring the chopped onions and shallots until clear.

**Prepare the court bouillon:** Chop finely onion, carrot and celery, add 4 litres of cold water, and add cloves and bay leaves. Bring to a boil. Pass through the meat grinder, pork fat and chicken or veal. If not thin enough; process for few seconds the ground meat into food processor to obtain a meat base thin and smooth. Reserve in a non-reactive bowl, add chop onions, Panade, sweat chop onions and shallots, nutmeg, marjoram, 5 spices, chopped truffles, eggs yolks. Mix all ingredients until well homogenized.

**Processing - The Casings:** Cut off four-or five-foot sections of casing. The number will depend on how much meat you have and the diameter of the casings. Rinse the casings under cool running water. Slip one end over the faucet and run cool water slowly through it to clear out the salt. Gradually increase the pressure, which will clear out more salt and help detect small holes. Place the casings in a bowl of cool water with a tablespoon of white vinegar per cup of water. This will soften the casings and make them more transparent. If soaking doesn't properly soften the casings, it may be difficult to slip them over the stuffing tube without splitting them. It is good idea to prepare the casings the night before and soak them overnight. Just before using them, give the casings a final rinse.

**Stuffing:** Place the ground meat into the stuffer and turn the crank until the meat reaches the spout of the stuffer. Pull a couple inches of casing of the stuffer and tie the end with a simple over-hand knot. Keep adding meat slowly until all is used. Don't over pack the casings and try to avoid air pockets. Tie off the other end of the casing. For breakfast links, give the sausage three or four twists, then cut at the twists with a sharp knife.

**Make the sauce:** In a medium-sauce-pan, sauté the morels and shallot in butter, over medium to high heat, for approximately 4 minutes. Reduce the heat slightly and deglaze with white wine. Remove the skillet from the heat and gradually stir in the stock and the cream. Add the tarragon, wine, salt and pepper to taste. Let the sauce bubble gently for a few minutes until it reaches the desired consistency. If it's too thick, add a bit more stock. If it's too thin, reduce a little more. Season with fresh thyme and rosemary, (approx. 1 tablespoon each), rather than tarragon if you prefer. Serve with the Boudin blanc.

**Poach the Boudin:** Poach the Boudin into very low simmering court bouillon (80°C / 175°F max) for about 20 minutes, but do not boil or they will break. Chill in an ice bath for 20 minutes.

**Finish:** In a large skillet, heat a tablespoon of butter and canola oil. Sear the boudins blanc on medium heat until golden brown and cook for about 7 minutes. Serve with sauteed apple wedges and the morel sauce.

---

## Notes

**Sanitation:** When handling meat, especially pork and any sausage, strict adherence to sanitation is vital due to the risk of food poisoning and trichinosis. The preparation and cooking areas must be clean; all utensils must be washed in hot water in an anti-bacterial detergent. Remove all rings and scrub your hands frequently while processing. If you have to take an extended break, put the meat and the grinder in the refrigerator.