

NANT D'AVRIL PULLET ROASTED WITH TRUFFLE BUTTER AND WINTER VEGETABLES

Ingredients (for 4 people)

• For the meat

- 1 free-range pullet 1,8 - 2 kg
- Grated truffle 50 g
- Softened butter 100 g
- Salt 3 pinches
- Groundnut oil 2 cl
- Garlic
- Fresh thyme
- Ground pepper

• For the vegetables

- Carrots 150 g
- Vitelotte potatoes 200 g
- Salsify 150 g
- Parsley root 150 g
- Root chervil 150 g
- Kohlrabi 150 g
- Parsnip 150 g
- Salt 5 g
- Pepper 5 turns of pepper mill
- Fresh garlic
- Thyme
- Bay leaf
- Herbs 1 bouquet garni
- Olive oil 2 cl
- Beet greens or leaf spinach 50 g

• For the deglazing liquid

- Red port 2 cl
- Chicken stock 1 cube diluted in 2 dl water

• For the sauce

- Grated black truffle 50 g
- Full fat pouring cream 40 cl
- Salt
- Ground pepper

Preparation:

Cooking the pullet

Preheat the oven to 180 °C.

Prepare the pullet: pluck, eviscerate, scald, clean.

Prepare the truffle butter: mix the softened butter, grated truffle and salt.

Season the inside of the pullet with oil, garlic, fresh thyme, pepper and salt.

Coat the pullet's breast and thighs with truffle butter, then truss it.

Peel the vegetables and cut them into large cubes, toss them in oil and arrange them in the cooking dish. Sprinkle with crushed garlic, salt, pepper, thyme and add bay leaves and bouquet garni.

Place the trussed pullet on top of the vegetables and roast together in the oven for 1 hour 45 minutes, basting every 15 minutes.

Take out of the oven, deglaze the pullet with port and drain off and reserve the cooking juices. Keep the pullet and vegetables warm.

The sauce

Add the cream to the deglazing juices and bring to the boil. Take off the heat, add the grated truffle and leave to infuse. Adjust the seasoning to taste and keep warm.

Serve the meat accompanied by the vegetables, truffle sauce and wilted beet greens or leaf spinach.

Variation

Replace truffle butter with herb butter (50g of chopped fresh chervil, chives and tarragon)

