

Vol-Au-Vent of Chicken, Modern Style

Modern French Culinary Art book

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Puff pastry

Puff Pastry

2 eggs, beaten



PhotoHp

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- Use store bought puff pastry. Roll one-fourth of the dough into a 10-inch circle 1/8 inch thick. Cut out a 9-inch circle, using a round 9-inch cake pan as a guide (Save the trimmings of the dough to use later). Place the dough on a baking sheet and prick it all over with a fork to permit it to rise uniformly. Make small balls of paper, and place balls in the center of the circle of dough. Brush the edges of the dough with water.
- Roll one-half of the remaining dough into a 13-inch circle 1/8 inch thick and cut it into a 12-inch circle, using a 12-inch plate as a guide. Fit the dough over the paper balls and press the edges down well all around the circle. Brush the entire surface with beaten eggs.
- Roll one-half of the remaining dough 1/8 inch thick. Cut out strips 1/2 inch wide and long enough to reach across the top of the dome and to the edges on both sides. Roll the rest of the dough into a 1 — inch circle. Cut out a 9-inch circle, from which cut a ring 10 inch wide. Place the ring around the dome. Roll all the reserved trimmings of the dough 1/9 inch thick and cut into circles, crescents, and rings, using scalloped cookie cutters and a pastry cutter. Place these cutouts as desired on the puff-pastry dome and around the edge. Prick the paste with a fine needle in several places.
- Brush the entire surface with beaten egg and bake the vol-au-vent in a preheated hot oven (400F) 20 -25 minutes. If the puff pastry tends to brown too much, cover it with foil or brown paper.
- Remove the vol-au-vent from the oven and cool. Using a sharp-pointed knife, cut around the edge of the dome to create a bowl, being careful not to cut the base crust. Carefully lift up the dome and set it aside. Remove and discard the paper ball. Fill the center of the vol-au-vent with Chicken Ragout. Cover with the baked puff paste dome.

Chicken Ragout

2 cups sliced mushrooms

1 tablespoon finely chopped onion

2 tablespoons butter

3 cups cubed cooked chicken

2 tablespoons chopped parsley

2 cups **Mornay Sauce** (recipe below)

1/2 truffle, diced (optional)

Salt to taste

Ground black pepper to taste

- Sauté mushrooms and onion in butter 5 minutes. Add the remaining ingredients. Stir and cook the mixture until it is hot. Serve on rice or in pastry shells or use to fill a large vol-au-vent (see above recipe).

Béchamel Sauce

4 tablespoons (1/2 stick) butter

4 tablespoons flour

1 ½ cups milk or light stock

½ cup heavy cream

1 teaspoon salt, or salt to taste

Pinch of ground white pepper

- Melt butter in a 1 quart saucepan. Remove from heat and stir in flour. Stir and cook over medium-low heat about 1 minute.
- Remove from heat and add milk or stock. Stir and bring to boiling point.
- Add cream and seasonings, using only salt and pepper to taste if stock is used. Cook ½ minute.
- If desired use as a base for other sauces.

Mornay Sauce

- Blend 1-cup light stock (veal, poultry, or fish) with 2 cups Béchamel Sauce.
- Bring to boiling point and stir and cook 3 to 4 minutes.
- Remove from heat and add 3 tablespoons butter, ½ cup each grated Gruyere and Parmesan cheese. Do not boil after adding cheese.