FOIE GRAS MEATBALLS

Mpls St Paul

INGREDIENTS

1 1/4 cups fresh bread crumbs
1/3 cup milk
1 lb. foie gras (ground once)
1 lb. raw chicken breast meat (ground twice)
2/3 cup parmesan cheese
2 eggs
1 1/2 T. salt
2 T. minced shallot
1 1/2 T. chopped parsley
1/2 stick butter, softened
Kosher salt
1 gallon unsalted chicken stock

In a large bowl, soak bread crumbs in milk. After a bit, squeeze milk out of the bread, discarding the milk. Mix the rest of the ingredients together except 1 T. of parsley. Using a small ice cream scoop, form the meatballs and freeze.

Bring chicken stock to a boil and drop meatballs in a few at a time. Once they come to the top, turn down stock to a simmer and poach for 10 minutes. If you are doing the reicpe at left, you may want to poach the meatballs in a couple of batches. Use a slotted spoon to pull out the meatballs when they're done poaching. Do not pour meatballs and stock into a colander—the meatballs will disintegrate. Strain the stock through a chinois or a coffee filter in a strainer, then cool in the fridge.

When you're ready to eat, place the desired amount of meatballs in a saute pan, submerged about halfway in stock. Over medium-high heat, reduce the stock until it's almost a glaze; this heats the meatballs up too. Cook your fresh pasta in salted water while this is happening. Just before serving add about 2 T. of butter to the meatball pan. Toss your fresh pasta in with the meatballs and remaining parsley and season with salt.

SERVES
8

112 EATERY