

QUENELLE BUNS *with jumbo shrimp and morel mushrooms*



French quenelles buns



Serves

6



INGREDIENTS

- **6 Saint Jean quennelle buns**

- 18 jumbo shrimp
- 5 oz butter
- 3 oz morel mushrooms
- 3 oz chanterelle mushrooms
- 1 large onion
- 1 carrot
- 1 shallot
- 1 bouquet garni
- 1 oz tomato paste
- 4 fl oz white wine
- 2 fl oz cognac
- 1 tsp heavy cream
- Salt and pepper
- 12 baby carrots
- 1 leek
- 3 garlic cloves
- Olive oil
- 1 sprig of dill

DIRECTIONS

PREPARATION

- Start by preparing the sauce. Finely chop the leek, onion, shallot, carrot and garlic.
- Remove the heads from the jumbo shrimp. Sauté the heads over a high heat in a casserole dish with a drizzle of olive oil. Add the leek, onion, shallot, carrot and garlic. Sweat for 2 minutes, then add 2 oz of diced butter. Allow to caramelize, then deglaze with the cognac. Flambé then add the white wine. Reduce until the liquid has almost completely evaporated.
- Half-fill the casserole dish with water. Add the bouquet garni and tomato paste. Simmer for 40 minutes. Strain through a fine sieve into a saucepan, then reduce by 3/4. Bind the sauce with a little cream and 1.5 oz of butter, whisking well. Put to one side.
- Bake the Saint Jean quennelle buns according to the instructions on the packet.
- Put the peeled carrots in a pan with a little water and 1 oz of butter. Cover and cook until all the liquid has evaporated. Fry the morel and chanterelle mushrooms in 1 oz of butter for a few minutes over a high heat. Season with salt and pepper.
- Fry the jumbo shrimp (or shrimp) for 1 min over a high heat.
- Put a little sauce on each pre-warmed plate. Put a quennelle on top, then the mushrooms, carrots and fried jumbo shrimp/shrimp. Garnish with a few sprigs of dill and serve immediately.