

Rustic Pâté Recipe

Egg Wash

Beat an egg yolk with a pinch of salt and a few drops of water.

Aspic Port

1 cup (250ml) water

1 cup (250ml) ruby port

1/2 Tbsp (5g) salt

7.5 ounces (22g) gelatin sheets, soaked in cold water or powder*

*If using powder use according to the directions.

Method

Soak gelatin in cold water until soft and drain. Bring to boil water, port and salt. Turn off the heat, wait a couple of minutes and whisk in the melted gelatin. Do not boil.

Pâté Assembly

Fill the mold with the forcemeat alternating with the cooked mushrooms and seared chicken livers and its rendered juice. For the top crust or cap, roll out remaining pastry into a 11x6-inch (28x15cm) rectangle. Lightly use egg wash or water to "glue" the pastry together in the corners and pinch the seams. You can also fold the liner and then the excess dough over the top of the forcemeat. Pinch the edges of the overlapping dough slightly so that when the dough is overlapped, it has the same thickness as the other three sides. Allow loaf to rest an hour in the refrigerator. Trim and score borders. Brush top twice with egg wash and lightly score the top of the loaf with the back of a paring knife. Make 2 chimneys using a round pastry tip and place one tube in each hole or insert a cylinder of rolled aluminum foil. Chimneys allow the escape of steam and to prevent melted fat from bubbling over the top crust as the pâté bakes.

Baking

Set the oven rack adjusted to the bottom position and preheat with a baking sheet or a pizza stone; this will ensure the bottom crust to cook through. Bake at 350°F (180°C) for 1 hour and 30 minutes or until an inserted thermometer in the center reads 155°F (68°C) – (Lower temperature to 325°F (160°C) if using a convection oven). Remove loaf from the oven and let cool completely to 100°F (38°C) and slowly pour the hot aspic port through both chimneys and refrigerate overnight. Add more aspic if need and chill again. Carefully remove the mold by heating up the bottom over the flame a few seconds to ease the process (no need to do that if using a folding loaf pan). Wrap in plastic and refrigerate a day at least before serving. Slice with a serrated knife and serve pâté with pickles. Pâté can be stored in the refrigerator for up to a week wrapped in plastic.

Rustic Pâté Recipe (Pâté en Croûte / Charcuterie)

Yannick Alléno Pâté Rustique Recipe Inspired.

Makes one 4x4x9-inch (10x10x23cm) Pullman Loaf Pan or 3x4x11 (7.5x10x28cm) Make 3 to 4 Days Ahead.

Originally folding loaf pans are used to make pâtés en croûte because they can be removed from the mold without the risk of damaging it.

Measuring by weight is far more accurate than measuring by volume. Use a scale for this rustic pâté recipe.

Pâté Crust (Pâte à Pâté)

0.9 lb. (400g) butter, softened

1.2 Tbsp (15g) salt

1 tsp (4g) sugar

1.5 cup (190g) potato or cornstarch

1 ea. (50g) egg

1/2 cup (125ml) water

1 Tbsp (15ml) white vinegar

3 cups (380g) all-purpose flour

Method

Place the softened butter in the bowl of a stand mixer fitted with the paddle attachment and cream with salt and sugar on medium-high speed, then add cornstarch and mix until homogenized on low speed. Pour in the egg, water and white vinegar and mix until smooth on medium speed. Mix in one-third of the flour and add remaining flour on low speed. Wrap up and refrigerate until firm or overnight and leave dough 15 minutes on the counter before using.

Dust work surface with flour or cornstarch and work dough until just pliable. Roll into a large 15x19-inch (38x48cm) and 0.15-inch (4mm) rectangle. Fit the dough into the greased mold (grease mold generously with cooking spray) and gently work it to fit snugly. A ball of dough dipped in flour helps. Fit the dough into the corners without tearing leaving the dough overhang by 1/2 -inch (2.5cm) or more so you can seal the dough cover on the outer edge later. Chill the loaf pan along with remaining dough for 2 hours or more.

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Rustic Pâté Recipe

Pork & Chicken

2.2 lb. (1kg) pork shoulder

0.35 lb. (150g) pork belly, take off some fat if desired

0.7 lb. (300g) chicken breast, remove cartilage, membranes and blood spots

Marinade

1 Tbsp (10g) pink curing salt (Prague powder or sel nitrité)*

1/2 Tbsp (5g) sugar

2 tsp (5g) black pepper

0.21 cup (50ml) Cognac or brandy

0.21 cup (50ml) ruby port

Method

*Pink curing salt (sodium nitrate) helps both to prevent the growth of bacteria and to preserve the original color of the meat. Vitamin C acts as an antioxidant, which means it keeps foods from reacting with oxygen when they're exposed to air. This helps keep the food's texture, flavor, and color from changing.

Divide pork shoulder, belly and chicken breast into cubes and mix meats into the port and brandy marinade. Gently, remove membrane from the chicken livers and mix into the pink salt marinade. Cover with plastic wrap in contact and place meats in the refrigerator to marinate for 24 to 48 hours. When marinating time is over, sear chicken livers quickly with some fat on high heat for a minute, let cool and set aside.

Stuffing (Forcemeat)

3 ea. (150g) large eggs

1 tsp (2g) salt and pepper

1.5 ounce (50g) minced shallots, confit (Cook shallots on low heat for 15 minutes with 1 Tbsp (15g) rendered duck or pork fat, olive oil or butter).

0.7 ounce (20g) parsley leaves, washed and chopped.

7 ounces (200g) cremini or button mushrooms, cleaned and trimmed

Cook mushrooms in a hot saucepan with 1 tsp (5ml) of olive oil and butter, 1/2 lemon juice, 1 Tbsp (15ml) water, thyme and a bay leaf, salt and pepper for 5 minutes, covered on medium heat. Drain and let cool.

Marinated meats and seared chicken livers.

Method

Beat eggs with salt, shallots and parsley. Mix in the marinated meats with the exception of livers and mushrooms.

Chicken Livers

10 ounces (300g) chicken livers, membranes removed

Marinade

1gram pink curing salt (Prague powder or sel nitrité)*

1gram sugar

1gram ascorbic acid or cream of tartar or lemon juice*

1gram black pepper