



Escargot Aioli Tart / Garlic Custard

Pâte Brisée, Snails, Artichoke, Cauliflower, Brocolette, Snap Peas, Zucchini, Carrot, Potato & Garlic Custard.



Escargot Aioli Tart & Garlic Custard Recipe.

*This recipe is inspired by Jacques Maximin ***Michelin.*

The escargot (French for snail) is a delicacy consisting of cooked land snails. Escargots are usually served as a starter in France, Spain, and Portugal and are a classic dish in Catalonia and other North African countries.

Serves 6 to 8.

Butter Crust / Pâte Brisée

2 cups (250g) all-purpose flour

1 tsp (4g) salt

1.1 stick (125g) unsalted butter, cubed and chilled

1/4 cup (50ml) whole milk or water

1 ea. egg yolk.

Method

Sand flour, salt and butter. Add liquid and egg yolk (add the whole egg if too dry); knead until just combined. Wrap up and chill completely. Dust flour onto work surface and work out dough gently to soften and roll out into a 3 millimeter \approx 1/8-inch thick disk; larger than the used ring. Make 6 or 8 greased individual tart ring or two x 8.5 inch (22cm) diameter fluted tart molds. Prick dough with a fork. Chill or freeze for 30 min. Line each pie with 2 layers of microwave-safe plastic wrap. Fill with rice, beans, cherry pits or pie weights. Pre-bake at 350°F (180°C) for 20 / 25 min. Remove rice and bake again for 10 minutes more. Set aside.

Escargot & Veggies For The Tart*

3 doz \approx 36-count, canned or vacuum-packed snails, drained (save some of the juice for the garlic custard)

1 Tbsp (15g) butter

2 Tbsp (half bunch) Italian parsley, washed, pat dry and chopped

6 leaves basil, minced. Salt and pepper to taste.

Escargot

In a hot frying pan, melt butter and sauté snails for 2 minutes on high heat. Transfer into a bowl and season with parsley, basil, salt and pepper.

*Save all remaining veggies for later use.

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Veggies

Cauliflower and broccolini florets, cooked

1/2 russet potato, peeled, diced and cooked

A few sugar snap peas, tips and strings removed and blanched

1 ea. zucchini, cut into bite sizes

1/2 carrot, scrubbed, diced and cooked

A few frozen artichoke hearts, cooked and outer leaves removed (save tender parts only and discard tough leaves).

Use 2 fresh artichoke hearts if desired. (Watch my video: How To Prepare An Artichoke).

Garlic Custard / Flan

6 garlic cloves, peeled and cooked in boiling water for 5 min

2 Tbsp (30g) escargot juice from the can

1 cup (250g) half/half or heavy cream

2 ea. (100g) whole eggs

Salt and ground black pepper to taste.

Method

Blend all ingredients and set aside.

Tart Assembly

Arrange each pre-baked tart shell with an assortment of cooked veggies and escargots; putting more or less veggies according to your taste and preferences. If using less veggies though, you may need more garlic custard \approx 50% more. Fill tarts with garlic custard and bake.

Baking

Bake escargot tarts at 350°F (180°C) for 30 minutes. Cool to room temperature. Serve with mayonaise and mesclun seasoned with extra virgin olive oil and lemon juice if desired.

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