

Stuffed Squab with Morels

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2005 Volker Eisele Cabernet Sauvignon

This is an easy two-part recipe with a very elegant presentation.

Ingredients:

2 Squab, deboned
2 oz. spinach
4 oz. barley, rinsed
1/2 yellow onion, diced
2 cups chicken stock
4 oz. fresh Morel mushrooms, washed and sliced
1 cup heavy cream
2 large shallots, diced
1 sprig thyme
1/2 cup white wine
Olive Oil
Butter

Method

Sweat the yellow onion and with a tablespoon of olive oil, add barley, and stir for one minute. Cover with the chicken stock, slowly bring to a simmer and allow to cook until all liquid is gone. Cool the barley in the refrigerator. In a mixing bowl, combine barley, spinach, olive oil, salt and pepper (a little truffle oil is nice, too). Then stuff the cavity of the squab generously. Season the outside of the birds with olive oil, S&P. Place the birds breast side up in a hot oven-proof sauté pan and put into a 350 degree oven for 8 minutes.

While the Squab is cooking, add the shallots to a small hot sauté pan followed by the morels, then add the white wine. Reduce until dry as quickly as you can without scorching the morels. Then add the cream and reduce by half, season with S&P.

Remove Squab from oven and return the sauté pan to the hot stove top. Add the butter and thyme to the pan and baste for two minutes or until the skin is golden brown. To serve, spoon half of the morels onto the center of the plate and place the squab on top.