

FOOD NOTES

by Gustavo Pasquini

The International Recipes



FOOD NOTES

by Gustavo Pasquini

The International Recipes

FOOD DAY

IN MY NEXT DAYS I WILL
REPORT ON EVERYTHING
THAT I GO THROUGH MY
DAILY FOOD.

IDEAS OF RECIPES

REPORTS ON PLACES

DAY BY DAY IN A CRUISE
KITCHEN

THE LIFE OF A COOK

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

GIVEN THIS AUGUST 17, 2017

Cook up a chicken dish for that special occasion and enjoy .



01

Editor's Note
Gustavo Pasquini

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

MAIN INGREDIENTS

1x1.3 kg poultry
200 g pork
shoulder or blade
40g pork bard,
diced
1 egg
2 tbsp cognac
50g pistachios

MAIN INGREDIENTS

7g salt
1g pepper
Nutmeg
1 pich of thyme
180g gras, cooked

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

COURT BOUILLON FOR POACHING

1 carrot
1 onion studded
with a clove, sliced
1 leek sliced
1 celery stalk
sliced
2 garlic cloves
sliced

COURT BOUILLON FOR POACHING

Bouquet garni
200 ml dry white
wine
4l water
Salt, pepper
1 clean towel
equipped or
mousseline sheet

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

PREPARATION

Time Cook – 1/30 minutes

Water Temp. – 95 degrees

Chicken Temp. – 62 degrees

1. Add 4L of water in the pot, cut the leek, carrots, onions in slice, make a bouquet garn, wine, salt, pepper to put all this in the water and boiling.

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

PREPARATION

2. Take the chicken to flambé cut the head, cut the wings to add into the boiling water, remove the tender, cut the fat, cut in the centre all the back of the chicken, remove the fat, cut the bone, broke the leg, start cleaner around the leg bone, cut on the junction of the leg and wings, remove the bone of the leg and wing, cleaner the breast, put the knife in said of the leg to you open, the breast you open the middle of the chicken breast to make flat, add the rest of the breast to complete .Cut all the trimmings and add into the boiling water .

05

Editor's Note
Gustavo Pasquini

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

PREPARATION

3. Cut the Duck liver in half to roll up into the flat breast . Cut the Ham in burnoose, put all the meat in the bowl, add the add, cognac, salt, pepper .
4. Chopped the pistachios to add in said of the stuff in the bowl . Cut the pork bard in slice to mix with the stuff in the bowl .

FOOD NOTES

by Gustavo Pasquini

The International Recipes

Poultry Ballotine Pistachios

PREPARATION

5. Now add the chicken breast flat in a dishcloth and add the stuff from the boll in said the chicken, the duck liver and add some stuff in the top, now close 1 size and after close the next one . Roll up all this chicken and tie very well .

6. Now Remove all the bone from the boiling water and add all the chicken .

07

Editor's Note
Gustavo Pasquini