

Pheasant and Morel Vol au Vent

<http://userealbutter.com/2017/06/05/pheasant-morel-vol-au-vent-recipe/>

vol au vent

1 lb. puff pastry dough (here is a good [scratch puff pastry dough recipe](#))
1 egg yolk
1 tbsp water

filling

4 oz. bacon, medium dice
12 oz. pheasant breast, medium dice
6 oz. fresh morel or other wild mushrooms, cleaned and sliced thick
2 tbsps unsalted butter
2 shallots, minced
1/4 cup brandy
1 cup heavy cream
salt and freshly ground black pepper

Make the vols au vent: Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper. Roll out the puff pastry dough to about 1/4-inch thickness on a lightly floured surface. Refrigerate for 10 minutes. Using a 3-inch diameter circular cutter, cut out as many circles as you can, making sure to cut straight down without twisting (this can press the layers together and prevent rising). Use a 1 1/2-inch diameter cutter to cut a centered hole in half of the dough discs – again, no twisting. Evenly distribute the solid discs on the baking sheet and dock (poke several holes into) each one with a fork, taking care not to poke all the way through the dough. Mix the egg yolk and water together. Brush the discs with the egg wash and top each disc with a dough ring, aligning the edges. Brush the tops of the rings with egg wash and make sure you don't let the egg wash drip over the sides (it could prevent rising). Refrigerate for 10 minutes. Place a silpat or sheet of foil on top of the pastries (to encourage even rising) and bake for 10-15 minutes until the rings have risen and turned golden. Reduce the oven temperature to 350°F and remove the silpat or foil from the pastries. Bake until golden, about 15-20 minutes. Remove from oven and let cool.

Make the filling: Fry the bacon in a large skillet or sauté pan over medium heat until crisp. Remove the cooked bacon to a bowl and drain off all of the bacon grease except for 2 tablespoons. Turn the heat to medium high and add the pheasant to the pan. Sear the meat until almost cooked. Remove the pheasant and any juices to the same bowl as the bacon. Keep the heat on medium high and add the morels. Dry fry the morels until they give up their water. Let the water boil off. Flip the pieces when they stop sticking to the pan and let the other side dry fry for a minute. Remove the mushrooms to a different bowl. Drop a tablespoon of butter in the pan and add the shallots. Sauté over medium high heat until soft. Add the second tablespoon of butter and the morels. Sear the morels. Stir the bacon, pheasant, and brandy into the pan. Let the brandy simmer off until a tablespoon of liquid remains. Pour in the cream and reduce the heat to medium. Let come to a simmer and cook for a few minutes until slightly thickened. Season with salt and pepper.

Assemble: Fill each vol au vent with hot pheasant and morel filling. Make sure to drizzle some of the cream sauce over each pastry. Makes 8 3-inch vols au vent.