

Five cheeses béchamel vol-au-vent, sautés zucchini and mushrooms

Recipe for 4 portions

Description

Vol-au-vent garnish with turkey, five cheeses béchamel sauce, serve with zucchini and mushrooms sautés with shallots and tyme.

Ingredients

For the vol-au-vent

- 400 Gr Turkey
- 4 Unit(s) Store-bought patty shells
- 200 Ml Frozen green peas
- 1 Unit(s) Carrot
- 1 Unit(s) Red pepper
- 250 Ml Chicken stock

- Salt and pepper

For the béchamel

- 35 Ml Butter
- 35 Ml Flour
- 1 Liter(s) Milk
- 250 Ml 5-cheese mix
- 30 Ml Dijon mustard

- Salt and pepper

For the vegetables

- 2 Unit(s) Zucchini
- 400 Gr Button mushrooms
- 2 Unit(s) French shallot
- 6 Sprig(s) Thyme
- 6 Sprig(s) Parsley
- 6 Sprig(s) Chives
- 2 Clove(s) Garlic

- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Dice the turkey, the carrots and the red pepper. Cut the zucchini and the mushrooms in big cubes, ciselez the shallots and chop the chives. Chop the parsley and the garlic.

Fot the vol-au-vent

In a pot bring the stock to boil put the carrots cover it and let it cook for five minutes. Slow the heat, add the turkey, the peas, the pepper and cook it 5 more minutes, remove and reserve. In a sauce pan melt the butter, add the flour and wisk it well. Pour the milk gently and cook it until you get a smooth béchamel, add the cheese and the mustard. Pour the béchamel on the turkey and vegetables mix.

For the vegetables

In a pan with olive oil sweat the shallots, the garlic and the thyme. Add the vegetables and sauté it for 8 to 10 minutes. Remove from the stove and add the chive and the parsley.

For the plating

Re-heat the vol-au-vent in the oven 5 minutes. Put the vol-au-vent on a plate, pour the mix of turkey and vegetables on the top, garnish with the vegetables on the side, finish the decoration with some paprika.

Bon appétit!