

Tianu di fasgioli with wild boar bacon, fried sage

Recipe for 4 persons

Description

A generous Corsican stew in which coco beans are gently simmered with wild boar bacon, tomatoes, white wine and aromatics. Chestnut flour delicately thickens the stew while adding a distinctive flavour characteristic of Corsican cuisine. A few fried sage leaves complete the dish with an aromatic and crispy finish.

Note

If using dried coco beans, soak them in cold water overnight, then cook them until tender before adding them to the stew. When in season, opt for fresh coco beans, which offer a particularly tender, creamy texture. For perfectly crispy sage, make sure the leaves are completely dry before frying them for a few seconds in hot oil.

Ingredients

For the stew

- 2 Can(s) White beans (540ml)
- 250 Gr Wild board bacon
- 1 Unit(s) Yellow oignon
- 3 Clove(s) Garlic
- 300 Gr Tomato
- 15 Gr Tomato paste
- 25 Gr Chestnut and rice flour
- 50 Ml White wine
- 300 Ml Chicken stock
- 2 Sprig(s) Thyme
- 1 Leaf(ves) Bay leaf
- 1 Sprig(s) Sage
- Salt and pepper
- Olive oil

For the fried sage

- 30 Leaf(ves) Sage
- 250 Ml Canola oil
- 0 To taste Sea salt flakes
- Salt and pepper
- Olive oil

Preparation

- Preparation time **50 mins**
- Preheat your **fryer** at **350 F°**

Mise en place

- Finely chop the onion and garlic.
- Cut the wild boar bacon into thin matchsticks.
- Peel the tomatoes, remove the seeds, then dice the tomato flesh.
- Blend the diced tomatoes with the chicken stock.
- Pick the sage and thyme leaves.

- Drain the coco beans.

Stew preparation

Add the wild boar bacon to a saucepan and gradually increase the heat to render the fat. Add the onion and garlic, then sweat for 3 to 4 minutes, until translucent, add a small amount of olive oil if necessary. Add the chestnut flour and cook briefly to coat and thicken the mixture.

Add the tomato paste, cook for 2 minutes while stirring, then deglaze with the white wine.

Add the coco beans, the stock blended with the tomatoes, the thyme, bay leaf and some of the sage (reserve 30 leaves for garnish).

Simmer for at least 20 minutes so the flavours develop and the liquid thickens slightly. Adjust the seasoning with salt and pepper.

Fried sage preparation

Heat the vegetable oil to 170°C (340°F). Make sure the sage leaves are completely dry. Fry them in the hot oil, a few at a time, for approximately 10 to 15 seconds, until crisp. Carefully remove them with a slotted spoon, place them on paper towel and immediately season with a light pinch of fleur de sel.

Plating

Place a generous spoonful of stew in each tapas bowl.

Finish each tapas with 1 to 2 fried sage leaves, added at the last moment to keep them crisp.

Bon appétit!