

SEAFOOD SAUSAGE WITH SAFFRON BEURRE BLANC

By Rona Greenberg

Farce (forcemeat)

1 medium shallot peeled
3 medium. carrots Peeled
1 tablespoon fresh thyme
1 tablespoon vegetable oil
½ pound fresh halibut
¼ pound fresh scallops
1 pinch cayenne
¼ teaspoon white pepper
3 egg whites
½ cup crushed ice
¼ cup brandy
½ cup Cream

Garnish

½ pound bay shrimp
½ pound salmon
1 teaspoon ground white pepper
1 teaspoon salt

Beurre Blanc

4 large shallots, peeled
¾ cup white vinegar
1 cup Basic Fish Stock
1/8 teaspoon saffron threads
¼ teaspoon white pepper
¾ cup cold unsalted butter, cut into small pieces

Yield: 9 to 10 servings

Pastry bag fitted with a No. 8 plain tip

- Step 1. To make farce, mince the shallots, carrots and thyme. Heat oil in a heavy saute pan over medium heat. When oil is hot, add shallots, carrots and thyme and sweat for 5 to 6 minutes. Set aside to cool.
- Step 2. Meanwhile, cut halibut into pieces and slice the scallops in half. Place in a food processor fitted with a metal blade. Add the cooled shallots, cayenne and white pepper and process until smooth. Place in refrigerator (still in processor bowl) and chill for 1 hour.
- Step 3. Remove from refrigerator, begin to process again while slowly adding egg whites, 1/4 cup of the ice, brandy and the cream. Transfer mixture to a chilled bowl.
- Step 4. To make garnish, cut the shrimp into pieces and cut the salmon into small 1/4 inch dice. Fold the shrimp, salmon, shallots, salt and pepper into the seafood Farce.
- Step 5. To assemble sausage, tie a knot at one end of the pre-soaked casing. Spoon mixture into a pastry bag fitted with a No. 8 plain tip. Pipe mixture into the casing and knot the other end.
- Step 6. Using your thumb and forefinger, squeeze the sausage every 3 or 4 inches to separate the mixture. Twist at those points to make individual sausage lengths. (See Step 9 of the sausage recipe on page 67 for making sausage using plastic wrap.)
- Step 7. Poach sausages in a pan of water (about 160 F) for 12 to 15 minutes.
- Step 8. To make sauce, place the shallots vinegar, and stock in a heavy, 1 -quart saucepan over moderate heat. Cook for 3 to 5 minutes or until reduced by one-half Add the white pepper and saffron. Remove pan from heat. Cut the butter into pieces and drop into sauce, a few at a time, whisking vigorously until smooth.
- Step 9. Cut sausage on the bias into thin slices and serve sauce as an accompaniment.