

Vol-Au-Vent avec Fruits de Mer

Ingredients	Cooking Utensils	Serving Utensils
4 cups all-purpose flour	measuring cup	serving plate
2 tsp. salt	measuring spoons	serving spoon
2 cup (4 sticks) sweet butter	mixing bowl	serving knife
1 cup water	wooden spoon	
2 Tbs. lemon juice	strainer	
flour	rolling pin	
oil	lemon reamer	
	plastic bag	
	2 quart oven-safe bowl	
	aluminum foil	
	cookie sheet	

Mix the flour and salt together in a mixing bowl. Juice and strain the lemon. Soften the butter and rub 4 Tbs. into the flour. Add the water and lemon juice and mix into a soft, pliable dough. Sprinkle flour on a clean, dry surface and turn the dough out onto it. Lightly knead the dough until it is smooth. Shape the remaining butter into a 6 x 3-inch oblong. Using a rolling pin, roll the dough into a 6-inch square. Place the butter oblong on one side of the square and fold the dough over to enclose it. Press the edges together to seal them. Turn the dough so that the fold is on the side. Using a rolling pin, roll the dough into a 5 x 15-inch rectangle. Fold the bottom edge up to the middle and the top edge down to the middle. Seal the seam by pressing lightly with the rolling pin. Put the dough into a plastic bag and place the bag in the refrigerator for 20 minutes. After chilling the dough, remove it from the plastic bag and place the fold to one side. Repeat the folding, rolling, and chilling sequence again. Repeat the process 5 more times. After the final chilling, preheat the oven to 500°F. Thoroughly oil the **outside** of a 2 quart oven-safe bowl. Form the pastry around the outside of the bowl so when it is finished baking you will have a hollowed out bowl to fill. There will be some pastry left over. Roll this out to form a “lid” to the bowl. Line a cookie sheet with aluminum foil. Place the lid and the oven-safe bowl up-side-down on the cookie sheet. Do not place the bowl on top of the lid. Make sure the oven is thoroughly preheated. Bake at 500°F 5 minutes, then reduce the temperature to 375°F. Bake an additional 40 to 50 minutes. If the “lid” become too brown too early in the baking process, cover it with aluminum foil. While the pastry is cooking make the filling below. Remove the bowl from the oven then remove the pastry bowl from the outside of the oven-safe bowl. Fill the pastry bowl with the hot filling and place the “lid” on top. Serve at once.

For the filling

Any combination of the following seafoods may be used. Originally this dish would have been made with truffles, which can be bought canned in the store. Due the high cost

of truffles, ordinary mushrooms can be substituted. Try using seasonal mushrooms for a more authentic taste.

Ingredients

1 lb. sole fillets
1 lb. halibut fillets
1 lb. scallops
1 lb. medium shrimp
1 lb. mussels
1 lb. oysters
1 lobster
1 lb. mushrooms
2 large truffles
1/4 tsp. ground nutmeg
1 lemon
salt
fresh ground black pepper
2 eggs
1/4 cup cream
8 Tbs. (1 stick) butter
1 1/2 cup flour
8 cups water
1 Tbs. minced onion
3 cups Velouté (see the recipe below)

Cooking Utensils

knife and cutting board
measuring cup
measuring spoons
oyster shucking knife
large cookpot
strainer
medium cookpot
large frying pan
steamer
small bowl
fork **or** eggbeater
small mixing bowl
lemon reamer
spatula
tongs
nut cracker

Serving Utensils

Shuck the oysters. Shucked oysters can be bought in the seafood department of the grocery store. Cut the sole and halibut into medium-sized pieces and set them aside. Boil water in a large cookpot on the stove over high heat. Place the lobster in the boiling water and the mussels in the steamer. Place the steamer on top of the cookpot, and cover it with a lid. Steam the mussels until they open. Cook the lobster 5 minutes, then reduce the heat to low and simmer it 15 minutes. Remove the mussels from their shell and set them aside with the fish. Using the tongs, remove the lobster from the water and place it under cold running water to stop the cooking process. Remove the meat from the lobster tail and claws. Cut the lobster meat into large pieces and set aside. Do not discard the cooking water. If the scallops are big, cut them in halves or quarters. Shell and devein the shrimp. Slice the mushrooms. If using truffles, mince them. Peel and mince the onion. Juice and strain the lemon. Separate the eggs and beat the yolks until they are smooth. Combine the egg yolks with the cream. Stir well. Make the Velouté (see below).

To make the Velouté, melt 4 Tbs. of butter in a cookpot on the stove over medium heat and add the onion. Sauté 2 to 3 minutes without browning the onion. Add the flour and cook 3 to 4 minutes until barely golden. Add 5 cups of the water used to cook the lobster and mussels. Stir well until it is smooth and thickened. Reduce the heat to low and simmer 1 to 1 1/2 hours. Skim the top of the broth occasionally. Carefully strain the Velouté. The dish can be prepared up to this point in advance.

Melt the remaining butter in a large frying pan on the stove over medium heat. Cook the oysters until the edges start to curl. Add the fish, scallops, and shrimp. Add the salt, pepper, nutmeg, lemon juice, mushrooms, and truffles. Stir in the Velouté, and add the lobster meat and mussels. Reduce the heat to low and cook until the fish, scallops, and shrimp are done. This should not take long. Remove the pan from the heat and add several spoonfuls of the hot sauce to the egg mixture. Mix well. Gradually stir the cream and egg mixture into the frying pan. Return the pan to the stove and cook over very low heat until the sauce thickens. Be careful not to boil the sauce or it will curdle. Spoon the filling into the Vol-Au-Vent. Serve hot.