

## Agnes Sorel Veal Delights - Delices Agnes Sorel

Preparation 30 minutes

Cooking 30 minutes plus 35 minutes for the sauce

Servings 12

### Equipment:

Blender or food processor  
8" skillet  
4" baking pan  
4 qt sauce pan  
12 4" quiche pans

### Ingredients:

3 lb ground veal  
6 eggs  
9 tbsp Béchamel Sauce  
Salt to taste  
Freshly ground white pepper to taste  
9 tbsp Sauce Périgueux Madère  
¾ cup minced tarragon  
9 tbsp unsalted butter, divided use  
18 chanterelle mushrooms (12 ounces)  
1 1/2 cup chopped ham (about 3 ounces)  
Tarragon chiffonade for garnish

These delightful, delicious molds can be used for entertaining as well as for family dinners.

The original recipe included truffles in the meat mixture as well as the sauce. If you have access to truffles, by all means use them. If not, the herbs add a lot of flavor by themselves.

You may substitute ground chicken breast for the veal. The sauce is a wonderful addition to *any* roast meat or poultry.

### Preparation:

Cover Béchamel Sauce with plastic wrap until use.

Place ground veal in bowl and add eggs, one at a time, mixing well after each addition. Add Béchamel Sauce (already made), salt, pepper, and minced fresh herbs, mixing well. Butter molds and fill with the mixture. Make a depression in the center of the mixture with your index finger dipped in water. Set molds aside.

Preheat oven to 400°.

Clean, trim, and chop mushrooms. Sauté mushrooms in skillet over medium heat in 3 tbsp of butter until they have wilted and look dry. Remove from heat and stir in chopped ham. Divide mixture equally and place in depression in center of molds. Place molds in a bain-marie and bake for 20 minutes covered loosely with aluminum foil.

— *Chateau de Montpoupon*

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