

# Entertaining *Chic!*

Modern French Recipes & Table Settings for All Occasions

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RIZZOLI  
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# Turkey Paupiettes in Champagne Sauce

*Serves 6*

## *Ingredients*

8 3/4 ounces (250 g) ground turkey (or chicken)  
Salt and pepper  
1 1/2 teaspoons ground dried sage or tarragon  
6 pounded turkey fillets  
6 slices smoked bacon  
2 tablespoons vegetable oil  
2 onions, peeled and finely chopped  
2 cloves garlic, peeled and crushed  
7 ounces (200 g) white mushrooms, sliced  
1 cup (250 ml) Taittinger Champagne  
1 tablespoon all-purpose/plain flour  
2 cups (500 ml) chicken broth  
2/3 cup (150 ml) heavy cream  
Pearl onions, Brussels sprouts with bacon  
and chestnuts, potatoes, or rice, for serving

## *Preparation*

Season the ground turkey with salt, pepper, and ground sage. Spread each turkey fillet on a board. Put a spoonful of ground turkey in the middle, then fold up the sides to enclose the filling.

Wrap a slice of bacon around each paupiette and secure with a toothpick. Truss with kitchen twine to keep closed and to ensure the stuffing is completely covered.

Heat the oil in a sauté pan over high heat. Fry the paupiettes to brown them on all sides. Transfer the browned paupiettes to a platter and set aside.

In the same pan, fry the finely chopped onion and garlic. Add the mushrooms and salt and pepper and cook for 2 minutes. Add the Champagne and let reduce for 2 minutes. Remove the toothpicks.

Return the paupiettes to the pan with the sauce and sprinkle the flour on top. Add the chicken broth, stir well, cover, and let cook for 15 minutes. Add the cream and continue cooking, uncovered, for 5 minutes. The sauce will thicken and reduce. Remove twine and serve with pearl onions, Brussels sprouts, potatoes, or rice.

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*Opposite* The term *paupiette* appears in *Suite des dons de Comus; ou L'art de la cuisine* by Francois Marin in 1762. The word and the recipe are a derivation of the Italian *polpetta*, whose recipe and name Maestro Martino recorded some three centuries earlier in the famous *Libro de arte coquinaria* in 1460.

*Following pages* The perfect accompaniment to the poached fruit, the Florentine cookies ("Florentins"), are said to be named after the Italian city of Florence. Originally introduced to France in the sixteenth century by the master chef to Anne, Duchess of Brittany, today, although many regional variations exist, Florentines are considered a specialty of Brittany.