the original slow food...

escargot recipes

provided by little gray farms

taste. tradition. terroir

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“The hand that dips into the bottom of the pot will eat the biggest snail.”
— Wole Soyinka, Nigerian poet and playwright

Eating is one of our most emotional of everyday acts. For most people, eating is tied to memories of the past, realities of the present and hopes for the future.

Cultures associate, or are known by, the foods they eat and there may be no more symbolic food for a nation than snails are for France. But eating snails goes back into time far before the French were connected to this food. Romans, Etruscans and scores of known and unknown peoples around the Mediterranean consumed snails as a special delicacy that was seasonally available.

Americans, for the most, eschew or ridicule snails as food. This is built not on fact, but a squeamishness for what is not familiar. But as chefs and gourmands, you realize the adventure that awaits in trying new ingredients and new preparations. It is, along with the emotional connection, why you were drawn to cooking.

little gray farms is dedicated to elevating the snail as a food — as a “democratic” ingredient that transcends culture, country and culinary fads — and making snails accepted into the menus of this country.

about little gray farms

little gray farms is located in Quilcene, Washington. Nestled on the eastside of the rugged Olympic Mountains, skirting the edges of the Olympic National Park, Quilcene is renowned for its eponymously named oyster.

This location is also the same latitude as the most famous snail growing regions of France. Its frequent rains, mild temperatures and lush environment are perfect for the *Helix aspersa*, the main snail species traditionally grown for what is referred to as “escargot” (which simply means snail in French). The French also affectionately call them “petit gris” meaning little gray, the origin of the name for the farm, as well referencing the gray clouds that provide the life-giving moisture that the snails crave.

And speaking of crave, the recipes in this booklet as designed to illustrate the range that the snail can be used as an ingredient, to complement or stand as a focal point for an entree. Typically known only as a vehicle for butter and garlic, fresh snails, grown with the natural seasons, resemble the earthy, muskiness of the best wild mushrooms, and the smooth *al dente* texture of a clam.

But we encourage you to experiment, coming up with your own dishes….snails on pizza, why not? Snails combined with a locally raised pork to create a snail burger? Sure! The only limit is your imagination.
**escargots au beurre d'anchois**
50 grams soft, unsalted butter
2 fillets anchovies, chopped and mashed
1/2 teaspoon garlic puree
leaves from 1 sprig flat-leaf parsley, minced
1/2 teaspoon lemon juice
1/2 teaspoon pastis
fine salt and freshly ground black pepper, to taste
2 dozen, large (about 125 grams) escargots de Bourgogne, well rinsed and drained
100 milliliters dry white wine

1. Combine the butter, anchovies, garlic, parsley, lemon juice, pastis, salt, and pepper. Flatten between two sheets of paper and chill in the refrigerator.
2. Preheat the oven to 450 °F.
3. Rinse the snails in a couple of changes of water. Drain. Simmer the snails in the wine for about 10 minutes. Drain and reserve.
4. Arrange snails in small gratin dishes. Top each with half of the anchovy butter. Bake for 6 minutes, or until snails are warm and the butter is melted.

Yield: 2 servings.

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**gratin d’escargots**
50 grams soft butter
1 tablespoon finely minced flat-leaf parsley
1 small clove garlic, finely minced
1 small shallot, minced
fine salt and freshly ground black pepper, to taste
100 grams snails, rinsed and drained
40 grams grated Gruyère cheese

1. Preheat oven to 450 °F.
2. Prepare a compound butter from the butter, parsley, garlic, shallot, salt, and pepper by mixing all the ingredients with a rubber spatula until well combined and smooth. Spread the butter along the bottom of individual ceramic or metal ramekins. Arrange the snails on top of the butter in a single layer.
3. Bake the snails until the butter is bubbling and the snails are heated through, about 5 minutes. Strew the cheese over the top of the snails and continue baking until the cheese has melted. Serve immediately.

Yield: 2 servings.
Ref: Christophe Felder, Les gratins de Christophe, 2001, page 100
escargots canaille

1 tablespoon olive oil
100 grams minced yellow onion
1 shallot, minced
35 grams smoked bacon, finely chopped
1 tablespoon flour
200 grams plum tomatoes, peeled, seeded, cored, diced
50 grams diced red bell pepper
a few fennel seeds
1 small bouquet garni
150 milliliters snail canning liquid
225 milliliters dry white wine
pinch coarse, gray salt
1 small clove garlic, pureed
small pinch ground cumin
small pinch ground cinnamon
small pinch ground coriander
small pinch cayenne pepper
2 teaspoons finely minced flat-leaf parsley
24 to 30 small snails, rinsed and drained
fine salt to taste

1. Heat the oil in a small saucepan over medium heat. Add the onion and cook until soft and golden.
2. Add the shallot and bacon and cook a bit more. Sprinkle the flour over contents of the saucepan and stir until the flour browns. Add the tomatoes, bell pepper, fennel seeds, bouquet garni, canning liquid, wine, and coarse salt. Bring to a boil, reduce heat, and simmer until the liquid is reduced to about 225 milliliters, about 3 hours.
3. Strain the mixture into a clean saucepan. Add the garlic, cumin, cinnamon, coriander, cayenne, and parsley. Place the saucepan over low heat and simmer for an additional 30 minutes.
4. Add the snails to the saucepan and heat through. Taste the sauce for salt and add more if necessary.
5. Serve the snails with their sauce in small bowls or ramekins along with slices of crusty bread.

Yield: 2 servings.

timbale d'escargots aux lardons et à l'estragon

2 shallots, minced
leaves from 2 sprigs fresh tarragon, finely minced
25 milliliters dry white wine
10 milliliters heavy cream
75 grams chilled butter, diced
24 large snails, rinsed and drained
2 slices smoked bacon, cut into 3-mm strips, fried
fine salt and freshly ground black pepper, to taste
1 tablespoon finely diced tomato
2 teaspoons finely minced chives

1. Place the shallots, tarragon, and wine in a small saucepan and simmer for 5 minutes. Stir in the cream.
2. Over very low heat, whisk in the butter, a little bit at a time. When all the butter is incorporated, add the snails and bacon. Season with salt and pepper. Raise the heat under the saucepan and carefully heat the snails.
3. Divide the snails between heated serving bowls. Sprinkle the tomatoes and chives over the top. Serve immediately.

Yield: 2 servings.
Ref: Olivia Callea, Burgundy Gastronomique, 1995, page 112.
Ragout d'escargots forestière

2 tablespoons butter
1 shallot, minced
1/2 clove garlic, finely minced
125 grams wild mushrooms, 5-mm dice
1 small tomato, peeled, seeded, cored, diced
24 to 30 small snails, rinsed and drained
50 milliliters heavy cream
fine salt and freshly ground black pepper, to taste

1. Melt the butter in a small frying pan over medium-low heat. Add the shallot and sweat until soft.
2. Add the garlic and the mushrooms. Cook the mushrooms until soft.
3. Add the tomato and snails and mix. Add the cream. Cook until the cream reduces and the sauce is thick. Season with salt and pepper.
4. Divide between heated serving plates.

Yield: 2 servings.

Escargots aux chanterelles et à la bière

1 tablespoon butter
150 grams chanterelle mushrooms, thinly sliced
1 clove garlic, finely minced
1 tablespoon minced parsley
24 escargots de Bourgogne, rinsed and drained
salt and freshly ground pepper, to taste
75 milliliters heavy cream
50 milliliters Pilsner-style beer

1. Melt butter in a frying pan over high heat. Add mushrooms and fry a bit. Add garlic, parsley, snails, salt, and pepper. Continue to fry until dry.
2. Add cream and reduce. Add beer, mix well, and cook a short while longer.
3. Serve immediately.

Yield: 2 servings.
Ref: found at the Tutz Brewery (Strasbourg, France) website on April 13, 1998.
escargots de Bourgogne en meurette

375 milliliters red Burgundy wine
1 large shallot, peeled and minced
1 large clove garlic, peeled and minced
1 sprig fresh thyme
1 fresh bay leaf
150 grams small common mushrooms, thickly sliced
1-1/2 tablespoons butter
60 grams pearl onions, peeled
50 grams smoked bacon, 3-mm strips
1/2 teaspoon beurre manié
2 dozen large snails, well rinsed and drained
fine salt and freshly ground black pepper, to taste
1/2 tablespoon chives, minced

1. Place the wine, shallot, garlic, thyme, and bay leaf in a small saucepan over high heat. Bring to a boil, reduce heat, and simmer until reduced in volume by two-thirds.
2. In the meantime, fry the mushrooms in 1/2 tablespoon butter until they release their moisture. Drain and set aside. Blanch the onions in boiling, salted water until barely tender. Drain and set aside. Blanch the bacon in boiling water for 1 minute. Drain and set aside.
3. Add the beurre manié to sauce and stir to dissolve. Continue simmering the sauce until it starts to thicken. Add the snails and cook until heated through. Add the reserved mushrooms, onions, and bacon. Add the last tablespoon of butter and stir to blend. Season with salt and pepper.
4. Divide the mixture between individual serving dishes. Sprinkle the chives over the top and serve immediately.

Yield: 2 servings.

escargots au riesling

2 tablespoons butter
1 shallot, minced
1/2 clove garlic, minced
3 tablespoons minced flat-leaf parsley
24 to 30 small snails, rinsed and drained
50 milliliters Alsacian Riesling wine
1 teaspoon flour
60 milliliters heavy cream
fine salt and freshly ground black pepper, to taste

for croutons:
butter
4 5-mm thick slices baguette

1. Preheat broiler.
2. Melt the butter in a small frying pan over medium-low heat. Add the shallot, garlic, and half the parsley. Cook until the shallots are soft. Add the snails and continue cooking for a couple of minutes.
3. In the meantime, butter the bread slices lightly on both sides and place on a baking sheet. Set aside.
4. Add the wine to the snail mixture. Sprinkle with the flour and mix well. Increase the heat to high and cook for a couple of minutes. Do not let the sauce become too dry. Add the cream and continue cooking.
5. In the meantime, toast the bread under the broiler until browned on both sides. Place two croutons on each heated serving plate.
6. Season the snails with salt and pepper. Add the remaining minced parsley and mix. Divide the snails over the croutons. Serve immediately.

Yield: 2 servings.
**les escargots sans ail « Jacques Laffite »**

1 lemon
10 milliliters dry white wine
1 large shallot, minced
24 to 30 small snails, rinsed and drained, reserve 6 tablespoons of the liquid
50 milliliters heavy cream
10 grams chilled butter, diced
1 teaspoon finely minced flat-leaf parsley
1 teaspoon finely minced fresh thyme
1 small tomato, peeled, seeded, cored, and diced
fine salt and freshly ground black pepper, to taste

for croutons:
olive oil
4 5-mm thick slices baguette

1. Preheat broiler.
2. Cut 2 1-cm wide strips of peel from the lemon. Remove and discard any white pith. Square off the zest and cut crosswise into 1-mm wide strips. Blanch for 5 minutes in boiling water. Drain well.
3. Place the wine and shallots in a saucepan and bring to a boil. Reduce the wine down to almost nothing. Add the reserved snail liquid and reduce that totally.
4. Reduce the heat to low. Whisk in the cream, followed by the butter, a little bit at a time. Add the herbs, tomato, and lemon zest. Mix. Add the snails. Season with salt and pepper.
5. Brush the bread slices with olive oil and place on a baking sheet. Toast the bread under the broiler until brown on both sides. Place two croutons on each heated serving plate and spoon the snails over the bread.

Yield: 2 servings.
Ref: Michel Guérard, Michel Guérard’s Cuisine for Home Cooks, 1976, page 49.

**escargots en croûte de noisette**

40 grams butter
1 small shallot, minced
28 to 36 small snails, rinsed and drained
fine salt and freshly ground black pepper, to taste
2 cloves garlic, degermed, 1 minced, 1 cut in half
150 milliliters heavy cream
2 tablespoons finely minced parsley
300 grams young spinach leaves, well washed

for tuiles:
1 large egg white, slightly beaten
35 grams all-purpose flour
1 tablespoon olive oil
fine salt and freshly ground black pepper, to taste
24 hazelnuts, peeled

1. For tuiles: preheat oven to 230 °C (445 °F). Using a wooden spatula, combine the egg white with the flour. Mix in the oil, salt, and pepper. Using the back of a spoon, spread the batter to form four 7-cm round disks on a baking sheet covered with a silicone pan liner. There may be extra batter. Place 1 hazelnut in the center of each disk and 5 nuts around the central one. Bake until the tuiles are brown around the edge, about 5 minutes. Cool slightly on a cooling rack before serving.
2. Melt 20 grams of butter in a small saucepan over medium-low heat. Add the shallot and cook, without coloring, until soft. Add the snails and season with salt and pepper. Cook for about a minute. Add the minced garlic and cream, raise heat to high, and reduce for about 3 minutes. Add the parsley and plate immediately.
3. At the same time as the previous instruction, melt the remaining 20 grams of butter in a wide frying pan over medium heat. Add the 2 garlic halves and the spinach. Season lightly with salt. Toss the spinach until it is barely wilted. Discard the garlic. Set the spinach aside, off the heat, until the snails are ready.
4. To serve, place a 7-cm ring mold in the center of each of the heated serving plates. Drain the spinach, divide into portions, and fill the bottom of the rings. Place a fourth of the snails on top of each of the spinach piles. Spoon the sauce over the snails and around the spinach. Place a tuile on top of the snails and serve immediately.

Yield: 4 servings.
Ref: Joël Cesari, as presented on Bon Appétit Bien Sur, France TV3, cited 4/28/3
flan d’escargots à la crème de persil
10 snails, rinsed and drained
30 milliliters heavy cream
2 medium turnips, cut into 10 cubes slightly larger than the snails
fine salt and freshly ground white pepper, to taste
a few sprigs fresh chervil
diced, fresh tomato flesh
for crème de persil:
75 grams fresh, flat-leaf parsley, washed and dried, stems removed and reserved
1/2 yellow onion, peeled and chopped
60 milliliters heavy cream
fine salt and freshly ground white pepper, to taste
for flan:
1/2 clove garlic, peeled and pureed
120 milliliters heavy cream
2 eggs, beaten
fine salt and freshly ground white pepper, to taste
pinch ground nutmeg
for court-bouillon:
2 shallots, peeled and chopped
125 milliliters dry white wine
125 milliliters fish stock
1/2 fresh bay leaf
1 sprig fresh thyme
5 black peppercorns
1/2 tablespoon coriander seeds

continued on next page

1. Preheat oven to 200 °C (390 °F).
2. For crème de persil: blanch the parsley in salted, boiling water for 3 minutes. Refresh in cold water, drain, and dry in a towel. In the meantime, place the onion and cream in a small saucepan over medium-low heat and cook for 10 minutes. Add the blanched parsley and puree with a stick blender. Season with salt and white pepper. Set aside.
3. For flan: place the garlic and cream in a small saucepan over medium-low heat and bring to a boil. Remove from heat and slowly whisk into the beaten eggs. Whisk in 1/2 tablespoon crème de persil and pass the liquid through a chinois. Season with salt, white pepper, and nutmeg. Divide the mixture between buttered ramekins. Place the ramekins in a water bath and bake until firm in the center, about 35 minutes.
4. For court-bouillon: place the shallots, wine, stock, bay leaf, thyme, peppercorns, coriander seeds, and 5 reserved parsley stems in a saucepan over high heat. Bring to a boil, reduce heat, and simmer for 10 minutes. Add the snails and continue cooking for another 5 minutes. Remove the snails and set aside, keep warm. Strain the other solids from the court-bouillon.
5. Return the court-bouillon to high heat and reduce by half. Whisk in the cream and 2 tablespoons of crème de persil. Season with salt and pepper. Foam the sauce with a stick blender.
6. Cook the turnip cubes in boiling, salted water until tender, about 7 minutes.
7. To serve, reheat the snails in the parsley sauce. Unmold the flans and place each in the center of a heated serving plate. Spoon the crème de persil over the flan and the base of the plate. Arrange 5 turnip cubes around the flans. Place a snail on top of each of the cubes. Decorate the flans with a few chervil leaves and each snail with a piece of diced tomato.

Yield: 2 servings.
**Puits de courgette aux escargots**

2 long zucchinis  
1 tablespoon butter  
1 tablespoon minced shallots  
50 milliliters dry white wine  
100 milliliters heavy cream  
1/2 teaspoon pureed garlic  
fine salt and freshly ground black pepper, to taste  
12 small snails, rinsed and drained  
1 tablespoon minced fresh herbs, such as chives, parsley, and chervil

1. Using a channel knife, cut a spiral groove into the sides of the zucchinis for their entire length. Cut the zucchinis into 4-cm long sections. Discard the end pieces. Place the zucchini sections on a plate, cut end up, and steam for 10 minutes.
2. In the meantime, melt the butter in a small frying pan over medium heat. Add the shallots and cook for a couple of minutes without coloring. Add the wine and increase the heat. Reduce the wine almost totally.
3. Add the cream and garlic to the frying pan. Reduce heat, season with salt and pepper, and reduce until sauce-like, about 5 minutes. Add the snails and cook to heat through, about 3 minutes. Mix in the minced herbs.
4. When the zucchini pieces are through steaming, remove them from the steamer and drain the pieces on absorbent paper. Using a demitasse, or other very small spoon, carefully scoop the centers out of the zucchini pieces.
5. Place the hollowed-out pieces on heated serving plates, 4 per plate. Using a small spoon, place 3 snails into each opening. Spoon the extra sauce over the tops and serve immediately.

Yield: 2 servings.  

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**Gratin d’escargots de Bourgogne à la rhubarbe**

2 teaspoons butter  
20 grams minced shallots  
100 grams peeled rhubarb, cut into 3-cm long pieces  
25 milliliters water  
2 dozen large snails, well rinsed and drained  
pinch piment d’Espelette, or cayenne  
fine salt and freshly ground black pepper, to taste  
8 large fresh tarragon leaves, chiffonade  
1/2 egg yolk  
30 milliliters heavy cream

1. Preheat broiler.
2. Melt 1 teaspoon butter in a small saucepan over medium heat. Add the shallots and cook for a couple minutes until soft but not colored. Add the rhubarb and water, cover, and cook for a couple of minutes until the rhubarb is cooked through. If the mixture is too wet, drain briefly through a strainer. Divide the rhubarb mixture between individual au gratin dishes.
3. Melt the remaining teaspoon of butter in a small frying pan over medium-high heat. When the butter becomes brown and aromatic, add the snails. Season with salt, pepper, and piment d’Espelette. Cook for a couple of minutes until the snails become crispy around the edges. Add the tarragon leaves and mix. Divide the snails over the rhubarb.
4. Whisk egg yolk and cream together. Spoon a couple of tablespoons of the mixture over the snails. Place the dishes under the broiler until the custard is set and the edges are brown, about 3 minutes. Serve immediately.

Yield: 2 servings.  
Ref: Guy Martin, Toute la cuisine, 2003, page 484.
petits-gris dans un oignon confit

2 small (100 grams each) yellow onions
duck or goose fat
1 sprig fresh thyme
1 fresh bay leaf
1 large clove garlic, unpeeled
24 small snails, rinsed and drained
1 small (100 grams) tomato, peeled, seeded, cored, and diced
fine salt and freshly ground black pepper, to taste
leaves from 1 sprig tarragon, minced

1. Carefully trim only the outer roots from the base of the onions. Peel the onions without nicking the flesh below the peel. Do not remove the sprout end of the onion. Place the onions in a sauce pan barely large enough to hold both onions and add sufficient fat to cover them. Add the thyme, bay leaf, and garlic to the saucepan. Place over low heat and bring the temperature of the fat to between 90 and 100 °C (195 and 210 °F). Cook for 90 minutes.
2. When the onions are done, carefully remove them from the fat and drain on absorbent paper. Remove the garlic from the fat, peel, and puree. Using a serrated knife, cut the top one-third off the sprout end of each onion and set aside. Using a small spoon, scoop out the center of the onions until only 2 layers remain. Mince the onion that was scooped out of the centers and set aside. Keep the onion shells and tops warm in a very low oven.
3. Add a tablespoon of fat to a small frying pan and cook the minced onion over low heat for about 5 minutes. Add the garlic, snails, and tomato. Cook until the tomato pieces start to soften and the snails are heated through. Season with salt, pepper, and tarragon.
4. Place an onion shell in the middle of a heated serving plate. Place 9 snails and some of the onion-tomato mixture in the cavity of the onion. Spoon 3 snails and some of the vegetables around the base of the onion. Do the same with the other serving plate. Place the onion tops in their original positions and serve immediately.

Yield: 2 servings.
Ref: Guy Martin, Toute la cuisine, 2003, page 485

poêlée d’escargots et cristallines de chou vert

1/2 small Savoy cabbage
95 grams butter
24 to 30 small snails, rinsed and drained
1 clove garlic, peeled, degermed, and minced
1 tablespoon finely minced flat-leaf parsley
fine salt and freshly ground black pepper, to taste
100 milliliters dry white wine
60 grams smoked bacon, cut into 2-mm strips

1. Preheat the oven to 80 °C (175 °F).
2. Separate 2 well-shaped outer leaves from the head of cabbage. Blanch the leaves in salted, boiling water for 2 minutes. Chill in an ice bath and dry well with absorbent paper. Melt 10 grams of butter. Line a baking sheet with parchment paper. Lightly brush the blanched cabbage leaves with butter and place on the baking sheet. Bake the leaves until they become translucent, about 1 hour.
3. Core the remaining cabbage and cut the leaves into fine shreds. Set aside.
4. Shortly before serving, melt 25 grams of butter in a small saucepan over low heat. Add the snails, garlic, and parsley. Cook for about 3 minutes. Season with salt and pepper. Add the wine and continue cooking for another 3 minutes. Remove the snails and keep warm in the oven.
5. Raise heat under the sauce and reduce greatly. Off the heat, whisk in 10 grams of butter. Keep warm.
6. In the meantime, cook the bacon in a small frying pan over high heat. Add 50 grams of butter. When melted, add the shredded cabbage. Season with salt and pepper. Cook the cabbage until well caramelized.
7. To serve, place a 7-cm ring mold in the center of each of the heated serving plates. Divide the cabbage between the rings. Spoon half the snails over each cabbage portion. Carefully remove the rings. Spoon the sauce over and around the cabbage and snails. Carefully place one of the baked cabbage leaves over one edge of each arrangement. Serve immediately.

Yield: 2 servings.
ragoût d'escargots à la fondue de poireaux

100 grams fingerling potatoes, peeled, 3-mm dice
24 to 30 small snails, rinsed and drained
40 grams smoked ham, diced
1 tablespoon peeled, seeded, cored, and diced tomato
a few sprigs fresh chervil

for fondue de poireau:
1 large leek, thinly sliced
20 grams butter
1/2 yellow onion, peeled, thinly sliced
1 tablespoon heavy cream
fine salt and freshly ground black pepper, to taste

1. Blanch the diced potato in salted water until just tender but not soft, about 3 minutes. Drain, cool under running water, and drain again. Set aside.
2. For fondue de poireau: blanch the leek in salted water for 4 minutes. Drain, cool in an ice bath, drain again, and dry on absorbent paper. In the meantime, melt the butter in a saucepan over medium heat. Add the onions and sweat until tender and lightly colored. Add the cooked leeks, cream, salt, and pepper. Cook, while stirring constantly, until creamy.
3. For sauce: place the stock and the stems from the herbs in a frying pan over high heat and reduce by half. Add the cream, salt, and pepper. Simmer until partially reduced. Puree the sauce with a stick blender and strain into a clean saucepan.
4. Add the cooked potatoes, snails, ham, and minced herbs to the sauce. Heat for a couple minutes over low heat.
5. Reheat the leeks, if necessary. Place a mound of leeks in each heated serving bowl. Spoon the snails over the leeks. Sprinkle the diced tomato over the top of the snails and garnish each serving with some chervil.

Yield: 2 servings.

tapenade d'escargots aux amandes

4 (about 50 grams each) fingerling potatoes
fine salt, to taste
2 cloves garlic, peeled, halved, and germ removed
20 grams chopped, blanched almonds
12 grams flat-leaf parsley leaves
freshly ground black pepper, to taste
55 milliliters olive oil
20 small snails, rinsed and drained

1. Preheat oven to 390 °F.
2. Wash and dry the potatoes. Cut each in half lengthwise. If a potato half doesn’t sit flat with the flesh side up, trim a small amount off the skin side. Sprinkle the cut side of the potato halves with fine salt. Place the halves, skin side down, on a baking sheet and bake until tender, but not soft, about 20 to 30 minutes.
3. In the meantime, place the garlic in a small saucepan with a little water over high heat. Blanch for 1 minute. Drain and repeat the process three more times. Cool the garlic in ice water. Drain well.
4. Place the almonds, parsley, salt, pepper, and about two-thirds of the oil in the bowl of a small food processor. Process until smooth. Add the remaining oil and process again. Add the snails and process a third time.
5. Spread a tablespoonful of the snail mixture on each of the potato halves and reheat for 2 minutes in the oven.

Yield: 4 servings.
escargots with mushrooms and tarragon

(7 ounce) can escargots, drained
6 tablespoons butter
1 clove garlic, minced
20 mushrooms, stems removed
1/3 cup white wine
1/3 cup cream
1 tablespoon all-purpose flour
pinch ground black pepper to taste
1/4 teaspoon dried tarragon
1/4 cup grated Parmesan cheese

1. Place escargots in a small bowl, and cover with cold water; set aside for 5 minutes.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking dish.
3. Drain the water from the escargots and pat dry with a paper towel. Melt butter with the garlic in a large skillet over medium-high heat. Add the escargots and mushroom caps; cook and stir until the mushroom caps begin to soften, about 5 minutes.
4. Whisk together wine, cream, flour, pepper, and tarragon in a small bowl until the flour is no longer lumpy. Pour this into the skillet, and bring to a boil. Cook, stirring occasionally until the sauce thickens, about 10 minutes.
5. Remove the skillet from the heat, and use a spoon to place the mushrooms upside down into the prepared baking dish. Spoon an escargot into each mushroom cap. Pour the remaining sauce over the mushroom caps and into the baking dish. Sprinkle grated Parmesan cheese overtop.
6. Bake in preheated oven until the Parmesan cheese has turned golden brown, 10 to 15 minutes.

Prep Time: 15-20 minutes
Cook Time: about 20 minutes
Yield: 4 servings

escargots and morels in cognac

24-28 canned helix snails, rinsed and drained
7 ounces dried morel mushrooms
approx. 1 cup dry white wine
1/4 cup butter
1 shallot, very finely chopped
4 cloves garlic, finely chopped
1 pint heavy cream
1/4 cup cognac
1 teaspoon sugar
1/2 teaspoon tomato paste
1 tablespoon dried tarragon
6 leaves fresh basil, chopped
1/4 cup fresh Italian (flat) parsley, finely chopped
salt and white or pink pepper
1 package puff pastry dough
8 chive leaves, for garnish

Soften morels by placing them in a bowl and barely covering with warm dry white wine or warm water. Set aside.

In a medium sauce pan, melt butter. Add shallot, and saute until soft and golden. Add garlic and saute 2 minutes. Add tomato, cream, sugar, strained wine, and cognac. Reduce heat, and stir to make a rich, uniform cream. Add escargot, morels and herbs, and simmer ten minutes. Add salt and pepper to taste.

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Pour the mixture into a greased 8.5” x 4.5” x 2.5” casserole, reserving about 4 tablespoons of the sauce. Cover with a sheet of the puff pastry dough. Bake according to package directions.

Remove from oven, and cut pastry into 4 triangles.

Spoon the mixture with pastry on top, onto individual serving dishes. Drizzle with remaining sauce, garnish with two chives, criss-crossed atop each pastry.

Prep Time: 15 minutes
Cook Time: about 30 minutes
Yield: 4 servings

nutrition facts

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<td>0.0 g</td>
</tr>
<tr>
<td>protein</td>
<td>24.0 g</td>
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