

VitaPro Boudin Noir with Mustard Seed Caviar

Chef Elias White

Meatless Filling

½ lb butter
1½ cups diced yellow onion
¾ cup diced celery stalks
¾ cup diced green bell pepper
2 tsp. chopped garlic
1 tbs. paprika
1 tsp. onion powder
½ tsp. dry whole oregano
½ tsp. cayenne pepper
½ tsp. toasted celery seed
½ tsp. ground cumin
½ tsp tabasco pepper pulp or 1 ½ tsp. tabasco sauce
3 cups rinsed VitaPro
Kosher Salt TT
½ cup fresh beet juice
¼ cup chopped green onion
¼ cup fine bread crumbs

Rice

¼ lb. butter
½ cup diced yellow onion
¼ cup diced green bell pepper
¼ cup diced celery
1 tsp. minced garlic
1 cup long grain rice
1½ cup water
Salt and pepper TT

Mustard Seed Caviar

½ cup yellow mustard seed
¼ cup rice vinegar
2 tbs. water
1 tsp. sugar
1/3 tsp. salt
½ tsp. turmeric powder
¼ tsp. Cayenne pepper

Rice

In a heavy saucepan, sauté onion, bell pepper, celery and garlic in butter until onions are translucent.
Add rice and stir until butter has been absorbed.
Add water, salt and pepper to rice, cover and reduce heat to low simmer for 15 minutes or until rice is done.
Completely cool cooked rice.

Meatless filling

Rinse VitaPro off under cold water using a strainer until water runs clear.
Soak rinsed VitaPro in clean water for 30 minutes.
Strain VitaPro and working in small batches, squeeze out any excess water.
In a large skillet, Sauté onion, bell pepper, celery and garlic in butter until onions are translucent.
Add VitaPro, paprika, onion powder, oregano, cayenne, toasted celery seed, cumin, tabasco pepper pulp, and salt.
Continue to sauté until spices are cooked and butter is absorbed.
Season to taste and allow to cool completely.

Boudin

In large mixing bowl, combine rice and meatless filling with fresh beet juice, and chopped green onion.
Chop by hand or Pulse half of Boudin mix in a food processor until the ingredients are approximately ¼ the original size.
Mix chopped Boudin with reserved Boudin and slowly add bread crumbs until mix holds its shape but is still soft.
Fill casings and blanch sausage in simmering water until plump. Immediately transfer sausage to Ice bath and cool completely.
Bake sausage at 400° until internal temperature reaches 160°.

Mustard

Bring seeds to a boil in water, strain, rinse and repeat 10 times.
Whisk all other ingredients together and add prepared seeds.
Let stand refrigerated for at least 2 hours.
Taste and adjust if necessary.