

Fine pie of seared foie gras, with caramelized onion and port wine |

Recipe for 12 tapas

Description

Foie gras served on a puff pastry tart and accompanied by caramelized onions.

Note

To obtain an optimal caramelized foie gras, it is recommended to heat your pan well and remove any excess fat during the cooking process.

Ingredients

For the foie gras

- 0.50 Leaf(ves) Puff pastry
- 200 Gr Red onion
- 1 Sprig(s) Thyme
- 50 Ml Port wine
- 6 Unit(s) Foie gras scallop
- 1 Pinch(es) Maldon salt
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

General preparation

Cut small circles of puff pastry using a cookie cutter. Cut red onion into cubes. Thin out the thyme.

Oignon preparation

In a saucepan, burn it the diced onion for about 20 to 30 minutes over medium heat. Add the thyme leaves and deglaze everything with the port. Reduce until the liquid has evaporated. Season with salt and pepper.

Mini-tart preparation

Place the dough circles on a baking sheet lined with parchment paper. Cover with parchment paper and finally a second baking sheet to prevent the dough from rising too much. Then let them bake for 15-20 minutes until nicely browned.

Foie gras preparation

Season your pieces of foie gras with salt. In a hot pan, drop the pieces of foie gras and let them color

on two sides for 1 to 2 minutes. Transfer them to a small plate and cut each piece in 6.

To serve

Place a spoonful of caramelized onions and a piece of foie gras on each puff pastry. Decorate with a few flakes of Maldon salt. Serve immediately!

Bon appétit!