

Mille-crêpes Tonka & foie gras

Recipe for 4

Description

Out of this world kind of surprising and one of a kind recipe! Pancakes, crème patissière & foie gras, this can't be bad.

Note

It all seem out-of-bounds and complicated but it is very simple and straightforward to make. The foie gras is the classic version of what we call a torchon simply, we are processing it through a sort of blender to have a smooth and silk texture. Pancakes, of course and patissière, you have done already! Bon appétit!

Ingredients

Foie gras

- 1 Kg Frozen deveined lobe of foie gras
- 14 Gr Salt

Patissière

- 1 Liter(s) Milk
- 3 Unit(s) Egg
- 5 Unit(s) Egg yolk
- 70 Gr Cornstarch
- 30 Gr Flour
- 1 Unit(s) Tonka bean

Pancakes

- 3 Unit(s) Egg
- 75 Gr Sugar
- 200 Gr Flour
- 700 Ml Milk
- 50 Gr Butter

Preparation

- Preparation time **50 mins**

Plating

Bring altogether 5 portions of foie gras apparel, for one of patissière.

Interlace one pancake, the mixture on top of it, cover it up with another pancake and so on until you have a stack of 30 pancakes. Reserve it all in the fridge a whole night, if possible before cutting it.

Pancakes

Bring all the liquid ingredients in a bowl and then lightly whisk every dry ingredients in with a whisk. Once the proper texture is reached, reserve in the fridge for an hour.

In a non-stick pan, or even better a cast iron pan, if you have, pour in a little bit of vegetable oil in it, at medium heat. Let the oil get high enough in temperature before adding up the pancake mixture in. Cook 30-45 seconds on each side. Reserve.

Crème patissière

In a medium saucepan, bring the milk to a boil.

In a bowl, whisk the egg yolks with the maple sugar until a ruban is there. Then add the flour and the cornstarch.

Pour the hot milk back on the ruban, whisk everything and bring it all back into the saucepan.

Cook it all while whisking and make sure everything boils up for 2mins or so. Reserve it onto a plastic container covered with a wrap on top, in the fridge.

Foie gras

Make sure the foie gras is well tempered before crushing it gently and pouring salt all over.

In a saran wrap, roll it all into a boudin 3cm thick and make sure it is tight and waterproof. Cook it slowly into simmering water for 5 to 8mins. Once it is all starting to melt, mix it all into a food processor. The desired texture is the one of a mayonnaise. Season.

Bon appétit!