

Pan-fried foie gras, Asian broth, crisp vegetables

Recipe for 4 pers

Description

Fresh foie gras, presented with Asian connotations, an unusual situation for such a product, which is better known for originating in south-west France.

Note

Do not overcook the foie gras, as the heat from the stock will continue to cook the escalope.

Ingredients

Foie gras, bouillon

- 4 Unit(s) Foie gras scallop
- 2 Unit(s) Turnip
- 1 Unit(s) Chioggia beets
- 0.50 Piece(s) Daikon
- 100 Gr Celery
- 3 Stick(s) Lemongrass
- 30 Gr Fresh ginger
- 1 Tbsp Honey
- 1 Bunch(es) Fresh cilantro
- 5 Unit(s) Green onion
- 1.50 Liter(s) Chicken stock

Vegetable pickles

- 1 Tbsp White wine vinegar
- 800 Ml Water
- 400 Gr Sugar
- 5 Slice(s) Fresh ginger
- 12 Unit(s) Black peppercorns

Assembly

- 0.25 Tray(s) Coriander sprout

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

Setting up

Prepare poultry stock

Thinly slice the turnip and Chioggia beet using a mandolin, as well as the daikon, and cut into round shapes using cookie cutters.

Hit the lemongrass with the back of your knife.

Cut the celery and ginger into large sticks.

Cut the green onion into bevels

Bouillon asiatique, foie gras

Bouillon

Infuse lemongrass, coriander, ginger and $\frac{3}{4}$ teaspoon of Sichuan pepper in your chicken stock for at least an hour.

The broth should be very strong; you can correct the taste during cooking.

Foie gras

Pan-fry the foie gras at the last minute, finish in the oven for 3 to 5 minutes, depending on thickness.

Vegetable pickles

Bring the vinegar, water, sugar and ginger to the boil, then add the pepper and pour over the beet and turnip slices.

Leave to cook in the marinade until the vegetables are soft and you can make rosettes with the turnip/beet slices.

Plate assembly

Arrange the foie gras escalope at the bottom of the plate, add the turnip and beet shavings/rosettes and baby greens, then pour in the stock to float.

You can also add herb oil.

Bon appétit!