

Foie gras cooked sous-vide, stewed onion with cranberry juice, fleur de sel, brioche toast

Recipe for 12

Description

Foie gras evokes festive events. You'll be sure to enjoy it with this technique.

Ingredients

Sous-vide foie gras

- 1 Kg Frozen deveined lobe of foie gras
- 14 Gr Salt
- 1 Gr Malabar black pepper
- 1 Gr 4 spices powder
- 75 Ml Port wine
- 3 Gr Sugar

Stewed onions

- 4 Unit(s) Onion
- 375 Ml Cranberry juice
- 1 Tsp Sugar

Brioche bread

- 4 Thick slice(s) Brioche bread
- 4 Unit(s) Pea sprouts

Preparation

- Preparation time **120 mins**
- Preheat your **Vaccum** at **134.6 F°**

Foie gras preparation

Lightly press the lobes with your fingers, sprinkle the seasoning all over them.

Leave the lobes to marinate at least 15 minutes (ideally over night)

Put the lobes back together and roll them in cling film to make an even and tight roll.

Place in the freezer for a few hours so it wont deform once vacuum sealed.

Foie gras cooking process

Fill up your tank with water, it must reach 55°C. Let it cook for an hour, then put it IMMEDIATELY in an ice bath to stop the cooking process.

You absolutely need a thermal shock to stop the cooking process. The center of the foie gras must be cooked at 54/55°C.

Stewed onions

Peel and slice the onions, sweat them in a pan with a little butter and oil, add salt. We don't want coloration here.

Pour the cranberry juice in, add the sugar and leave to simmer on low heat so the onions absorb the juice.

Once stewed, put the onions in a jar in a fridge. They must be served cold.

Brioche

In a frying pan with some butter, toast the brioche slices. Make sure they're nicely colored on both sides.

If needed, clean the sprouts.

Plating and last touch

Pass your knife under hot water to make nice slices of foie gras (about 5mm).

Delicately place the slice on the plate and then some stewed onions.

Slice the brioche bread in triangles, place on the plate and finish with some pea sprouts and some "fleur de sel".

Bon appétit!