

French toast with jasmine, salted butter caramel sauce and foie gras nuggets, orange zest |

Recipe for 4 servings

Description

An original duck foie gras dessert, with a slice of French toast and a caramelized foie gras nugget.

Note

A practical way to use your bread or brioche pieces that are starting to harden (go rancid).

Ingredients

French toast

- 4 Thick slice(s) Brioche
- 175 Ml Milk
- 1 Unit(s) Jasmine tea
- 1 Unit(s) Egg
- 15 Ml Maple syrup

Caramel

- 75 Gr Sugar
- 125 Ml Cream 35%
- 15 Gr Salted butter
- 120 Gr Nugget of foie gras

Topping

- 4 Scoop(s) Vanilla ice cream
- 1 Unit(s) Orange

Preparation

- Preparation time **30 mins**

Set up

Heat the milk to 90°C and immerse the jasmine tea bag for 3 minutes. Let the milk cool before mixing with the egg and maple syrup.

French toast

Dip the brioche slices in the milk mixture (migaine). In a frying pan over medium heat, add 3 knobs of butter, lightly drain your brioche pieces, then place them in the pan. Make sure they're golden brown on all sides. Keep them on a paper towel as you remove them from the pan. Put them in the oven just before serving.

Caramel and foie gras

In a hot, fat-free frying pan, sear the pieces of foie gras until they are nicely colored, which will be sufficient for their cooking time. Set the foie gras pieces aside on a paper towel.

In a saucepan, dry-cook the sugar until it takes on a blond color. Add the butter and stir.

Add the cream (in three batches), whisk and bring to the boil for about two minutes, until the mixture is smooth.

Add the foie gras pieces to the sauce and set aside.

On the plate

Place the brioche slices at the bottom of your plates, then add a scoop of ice cream.

Pour the caramel and foie gras sauce over all, and finish off the dessert with orange zest.

Bon appétit!