

Quebec Foie gras, brioche crostini, red wine candied onions and caramelized apples

Recipe for 4 persons

Description

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Note

Be careful when you cook the foie gras, it has to remain tender when touched, so heat up at the last minute. You can use frozen or fresh pearl onions.

Ingredients

Foie gras and caramelized apples

- 4 Unit(s) Foie gras scallop
- 4 Pinch(es) Sea salt flakes
- 8 Turn(s) Freshly ground black pepper
- 2 Unit(s) Golden delicious apple
- 50 Gr Sugar
- 40 Ml Apple cider
- 4 Thick slice(s) Brioche

Red wine candied onions

- 28 Unit(s) Frozen pearl onions
- 100 Gr Sugar
- 4 Pinch(es) Salt
- 5 Turn(s) Freshly ground black pepper
- 80 Gr Butter
- 75 Ml Canola oil
- 250 Ml Red wine

Preparation

- Preparation time **20 mins**

To serve

At the center of a plate, place a golden brioche slice. Nicely align 4 pieces of caramelized apples on top, and place the foie gras on top. Baste your plate with the red wine candied onions jus. Decorate the plate with 2 more pieces of caramelized apples, and place some parsley leaves or young shoots to garnish.

Red wine candied onions

In a hot pan, add the butter and the oil, and cook the pearl onions. Add the sugar, slightly caramelize and deglaze with the red wine. Lower the heat and let simmer to caramelize the pearl onions. When the wine gets to a syrupy consistency, stop cooking.

Foie gras and caramelized apples

Season the foie gras with salt and freshly ground black pepper. In a hot pan, sear them for 1 minute on each side. Place them on paper towel to absorb exceeding oil, and keep warm. Degrease your pan and add the apple cider and the sugar, then let it caramelize. Add the apples and caramelize until they reach a beautiful golden color. Simmer for 2 more minutes, making sure the apples remain a little crispy. Toast the brioche slices and cut them in half diagonally.

Bon appétit!