

Quebec Foie gras, brioche crostini, red wine candied onions and caramelized apples - Virtuel Workshop Version

Recipe for 2

Description

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

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

- 2 Unit(s) Foie gras scallop
- 2 Pinch(es) Fleur de sel
- 4 Turn(s) Freshly ground black pepper
- 1 Unit(s) Golden delicious apple
- 2 Tbsp Sugar
- 1 Tbsp Apple cider
- 2 Thick slice(s) Brioche

- Butter
- Salt and pepper
- Vegetable oil

Red wine confied onions

- 12 Unit(s) Frozen pearl onions
- 3 Tbsp Sugar
- 2 Pinch(es) Salt
- 1 Turn(s) Freshly ground black pepper
- 0.50 Cup(s) Red wine

- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30.00 mins**
- Preheat your **Oven** at **425.00 F°**

To prepare before class

Ingredients

Make sure all of your ingredients for the recipes are measured.

Material

1 saucepan, 1 wooden spoon, 1 anti-adhesive pan, 1 pair of tongs, 1 peeler.

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 excess 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.

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.

Bon appétit!