

# Roasted duck foie gras with homemade brioche, honey and red wine onion marmalade

Recipe for 4 persons

## Description

Hungary is the world's largest producer of foie gras, so this simple and tasty appetizer is perfect to represent their terroir.

## Note

It is possible to bake the brioche in silicone moulds.

## Ingredients

### Brioche

- 90 Gr Flour
- 15 Gr Sugar
- 1 Unit(s) Egg
- 1 Tsp Dry yeast
- 1 Tbsp Warm water
- 50 Gr Salted butter
- 1 Pinch(es) Salt
  
- Vegetable oil
- Salt and pepper
- Butter

### Egg wash

- 1 Unit(s) Egg
  
- Vegetable oil
- Salt and pepper
- Butter

### Onion marmelade

- 1 Unit(s) Onion
- 2 Tbsp Honey
- 200 Ml Red wine
- 50 Ml Red wine vinegar
- 1 Pinch(es) 4 spices powder
  
- Vegetable oil
- Salt and pepper
- Butter

### Foie gras

- 4 Unit(s) Foie gras scallop
  
- Vegetable oil
- Salt and pepper
- Butter

## Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**
- Resting time **45 mins**

### Brioche

Mix the yeast with the lukewarm water and let it stand for 2 minutes, then add the egg and sugar and mix again.

In a bowl, mix the flour and salt, then add the liquid mixture (egg, water, yeast and sugar) and knead until you get a smooth ball.

Add the butter, previously cut into small cubes, and continue to knead until all the butter is incorporated.

Butter and flour a muffin tin.

Cover and let the dough rest for 15-20 minutes, then divide it into 4 and form balls. Place the balls of dough in your muffin tin, cover and let rest for 30-40 minutes. Just before baking the buns, brush them with beaten egg (gilding).

Bake in a preheated oven at 400°F for 15 minutes.

Remove from the oven and let the buns rest for 5 minutes before eating.

### Onion marmelade

Thinly slice the onion.

Brown the onion in the butter and oil. Add the honey and let it caramelize slightly then deglaze with the red wine. Lower the heat and let the reduction simmer so that the onion becomes soft. As soon as the wine becomes syrupy, stop cooking.

### Foie gras

Generously season the foie gras escalopes.

In a hot frying pan (without fat), sear the escalopes of foie gras, 30-40 seconds on each side. Place them on a pizza tray and put them in the oven for 4 to 5 minutes before serving.

**Bon appétit!**