

Petit chou with pan seared foie gras, caramelized onions with raisins and extra old balsamic vinegar

Recette pour 24 Tapas

Description A small hamburger with fresh foie gras in a pâte à choux, perfect for christmas time.

L'idée déco You could flambé the onions with Cognac or Calvados.

Ingrédients

For the pâte à choux

- 80 Gr Water
- 80 Gr Milk
- 4 Gr Sugar
- 2 Gr Salt
- 75 Gr Butter
- 90 Gr Wheat flour
- 160 Gr Egg
- 1 Unit(s) Egg

- Vegetable oil
- Salt and pepper

For the stuffing

- 4 Unit(s) Foie gras scallop
- 2 Unit(s) White onion
- 25 Gr Raisins
- 50 Ml Aged balsamic vinegar

- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **45 mins**

For the preparations

Peel and mince the onions Cover the raisins with room temp water and let it seats during all your preparation.

For the pâte à choux

In a sauce pan, put the water, the butter, the salt and the sugar, bring it to boil quickly until the butter get completely melted. Remove from the stove add the flour with a spatula, until the mix get smooth. Put the pan back on the stove on medium heat and add the eggs one by one, mix it until it gets smooth. With a pastry pocket make 2.5 centimetres balls, on a baking tray with a parchment paper. Wisk the egg left in a bowl and brush the choux with it. Put it in the oven for 20 to 25 minutes, until it gets nicely round and golden brown.

For the stuffing

In a hot pan with vegetable oil, sweat the onions until it looks like a compote, between 20 and 25 minutes. Add the balsamic vinegar, the raisins that you strained before, cook it five minutes more and season it. Season the foie gras on both sides, in a dry hot pan, sear the foie gras on each sides until it gets golden brown, about 30 to 45 secondes on each sides, put it on a scott towel. Cut the slices in 6 pieces.

For the plating

Cut the choux in half in the high way, put a tea spoon of onions on one side, a piece of foie gras and close the choux with a skeewers. Put the choux back in the oven for 2 to 3 minutes, to finish the cooking of the foie gras and warm the choux. Plate it on a service tray.

Bon appétit!