

Parsnip cream with cooked foie gras and fresh chives

Recette pour 4 personnes

Description

Smoothie soup of parsnip served with a foie gras slice steared and fresh chives.

Ingrédients

For the cream

- 500 Gr Parsnip
- 1 Unit(s) White onion
- 1 Clove(s) Garlic
- 1 Liter(s) Chicken stock
- 2 Sprig(s) Thyme
- 100 Ml 35% cooking cream
- 6 Sprig(s) Chives

- Salt and pepper
- Vegetable oil

For the foie gras

- 4 Unit(s) Foie gras scallop

- Salt and pepper
- Vegetable oil

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 425 F°

For the preparations

Chop the onion. Chop the garlic. Peel and dice the parsnips and mince the chive.

For the cream

In a hot pan with olive oil sweat the onion by adding a pinch of salt, add the garlic and the branches of thyme. Add the parsnips and let it cook for 2 minutes. Pour the stock on the top and let it cook gently for 30 minutes until tender. Add the cream, remove the thyme and smooth it in the blender, fix the seasoning and reserve it.

For the foie gras

In a dry hot pan, sear the foie gras on both sides until coloration, put it on a baking tray with a parchment paper. Finish the cooking in the oven for 3 minutes and season it with sea salt and fresh black ground Pepper.

For the plating

In a nice bowl plate, pour the cream, put a foie gras on the top and spread the chive

Bon appétit!