

Thin caramelized apple tart, pan-seared duck foie gras, Porto sauce

Recette pour 4 personnes



Description

Apple tart, with foie gras, deglazed with Porto.

L'idée déco

An incredible sweet-salty contrast, a divine dish, but be careful with the cooking. You can send the foie gras 1 minute in the oven before dressing the plate. Use a bit of foie gras fat on your pies, you'll spread the taste on your apples. Bon appétit!

Ingrédients

For the apple tart

- 1 Leaf(ves) Puff pastry
- 4 Large Cortland apple
- 15 Gr Butter
- 2 Pinch(es) Fleur de sel
- 4 Pinch(es) Brown sugar

For the foie gras

- 4 Unit(s) Foie gras scallop
- 8 Turn(s) Fresh ground black pepper
- 8 Pinch(es) Fleur de sel
- 225 Ml Port wine
- 4 Unit(s) Micro mesclun

Préparations

Temps de préparation **35.00 mins**

Préchauffez votre Four à 450.00 F°

Preparation for the apple tart

Peel the apples, cut into quarters, remove the heart and slice into thin slices. Spread your puff pastry approximately 2 mm thick and pick with a fork all over its surface. Detail circles of 10 to 12 cm in diameter, place on your baking sheet with paper and have over the thinly sliced apples (about an apple per tart). Gently pour some melted butter and sprinkle with brown sugar. Put the plate with the pies for 5 to 10 minutes in the refrigerator. Bake for about 12-15 minutes to get a nice color.

Preparation for the foie gras

Season each side of the slices of foie gras. Heat a non-stick pan, place the escalopes of foie gras and cook 1 minute on each side. Place the scallops on a paper towel. Grease your pan, place it on the stove and deglaze with the port, let reduce the Porto, until you get a syrupy consistency. You can send your foie gras 1 minute in the oven before putting it on the plate.

To serve

A round plate is recommended. Place your tart in the center, place your slice of foie gras on top. Gently pour your coulis of Porto and finish with some green sprouts. Garnish with a pinch of fleur de sel on the foie gras. DO NOT add fat when cooking scallops.

Bon appétit!