

Pan seared Foie gras, cider caramel French toast, confit apples

Recette pour 4 personnes



Description

Pretty black ramekin, caramelized apple wedges with a piece of golden and crisp brioche. Topped with a piece of foie gras and a Porto sauce reduction.

L'idée déco

Be careful, you could easily over cook the foie gras, or dry out the french toasts.

Ingrédients

Foie gras

- 3 Unit(s) Foie gras scallop
- 3 Turn(s) Freshly ground black pepper
- 2 Pinch(es) Fleur de sel
- 135 Ml Port wine
- 12 Unit(s) Micro mesclun

- Salt and pepper

Caramelized apple wedges

- 2 Unit(s) Golden delicious apple
- 4 Nut(s) Butter
- 50 Gr Brown sugar

- Salt and pepper

French toast

- 3 Unit(s) Egg
- 2 Unit(s) Egg yolk

- 150 MI 35% cooking cream
- 325 MI Milk
- 5 Turn(s) Fresh ground black pepper
- 1 Unit(s) Brioche bread

- Salt and pepper

Préparations

Temps de préparation **25 mins**

Foie gras

Season both sides of the foie gras slices. Heat a non-stick pan, and sear in it the foie gras slices 1 minute on each side than transfer them on a baking sheet, deglaze the pan with port wine and let reduce, until a syrupy consistency. You can bake ther foie gras 1 minute in the oven before putting it on the plate.

Caramelized apple wedges

Peel the apples, cut into quarters, remove the heart and slice in half again. In a hot pan, add the butter and brown sugar. Add the apple slices and brown them on each side.

French toast

In a bowl, mix the eggs and the yolks, beat lightly with a whisk. Add the milk and cream, beat the mixture again, season. In a brioche, cut thick slices about 2 cm then make 12 pieces of 6 cm * 2 cm then dip them in the previously made mixture. In a skillet over medium heat, add three knobs of butter, lightly drain your pieces of brioche and fry them, Make sure you get a golden brown color on each sides. Just bake them in the oven 2 minutes before serving.

Plating

Place on the edges In small black ramekins two slices of caramelized apples. Place in the center a piece of french toast and a slice of foie gras on top. Drizzle lightly the Porto wine reduction, finish with some fresh cracked pepper, sea salt and few young shoots.

Bon appétit!