

Pan-seared foie gras, vanilla French toast, caramelized pears, mild spices maple syrup

Recette pour 12 Tapas



Description

In a nice little ramequin, i will find a piece of brioche. Some caramelized apple quarters aside, a piece of panseared foie gras glazed with the spiced mapple syrup.

Ingrédients

For the foie gras

- 12 Piece(s) Foie gras scallop
- 2 Pinch(es) Fleur de sel
- 4 Turn(s) Fresh ground black pepper

For the french toast

- 4 Thick slice(s) Brioche bread
- 100 Gr Butter
- 150 Gr Sugar
- 250 Ml Milk
- 2 Unit(s) Egg

For the apples

- 2 Unit(s) Golden delicious apple
- 75 Gr Butter
- 50 Gr Sugar
- 1 Unit(s) Lemon juice

For the caramel

- 125 Ml Maple syrup

- 1 Unit(s) Star anise
- 0.50 Stick(s) Cinnamon
- 5 Grape(s) Cardamom
- 5 Turn(s) Fresh ground black pepper

Préparations

Temps de préparation **30.00 mins**

For the mise en place

Remove the crust of the brioche, cut it in rectangles. Mix 100g of sugar with the eggs and the milk. Peel and cut the apples in 8 quarters, mix with the lemon juice.

Bring the maple syrup to boil. Out of the stove, add the star anise, the cardamom crushed, the cinnamon and the pepper. Let it infuse.

For the foie gras

Season the foie gras on each side. In a hot pan sear the foie gras on each side until a nice coloration, put it on paper towels, and just before serving put it in the oven for 3 minutes.

For the french toast

Deep the brioche in the milk mix, and in a hot pan with butter and the rest of the sugar, sear it on both sides until a nice coloration and reserve it on a paper towel.

For the apples

In a hot pan with butter and sugar, sear the apples until coloration and lightly soft.

For the plating

In a small ramekin, place the brioche on the border. On the other side, place two pieces of apple, place the foie gras on the french toast and pour some maple syrup all around.

Bon appétit!