

Port and five-spice foie gras terrine

Recette pour 1 terrine ou 5 petits pots Mason individuels

Description

Terrine of duck foie gras flavored with five spices and Porto. Ideal served with a baguette.

L'idée déco

Buy your foie gras quick-frozen to limit losses of fat due to enzymatic reactions that begin to degrade the liver cells.

Ingrédients

For the terrine

- 500 Gr Iqf deveined lobe of foie gras
- 7 Gr Salt
- 1 Gr Chinese five spices powder
- 1 Gr Freshly ground black pepper
- 15 Ml Port wine

Préparations

Temps de préparation **60 mins**

General preparation

Mix salt, pepper and five spices. Thaw the foie overnight in the refrigerator.

Terrine preparation

Place the foie gras in a dish, as flat as possible. Season it the spice mixture, salt and pepper then pour over the foie gras Porto to dissolve the seasoning. Marinate 20 minutes to 12 hours depending on the intensity desired. Then cut the lobe in 5 pieces about 80g and pack them well in small mason jars or in the terrine mold. Bake in a water bath until a thermometer reads 122 ° F at the center, about 20 minutes. You can also prick with a small knife and check that it is warm to the touch. Remove excess fat from the terrines and filter it. Then place your terrines in the refrigerator with a weight on top. Once cooled, pour a little duck fat filtered through each of the pots to prevent oxidation. Keep your terrines at least 24 hours in the fridge before eating. They will keep for up to 6 days in the fridge. Serve with a baguette.

Bon appétit!