

Cauliflower soup, tarragon, pan-fried foie gras vinaigrette and raisin, almond foam |

Recipe for 4 personnes

Description

Creamy and comfort cauliflower recipe, yet fresh and light with the raisins and the almonds.

Note

When you cut foie gras, it is always best to keep it very cold and to cut it using a blade dipped in hot water.

Ingredients

Soup

- 500 Gr Cauliflower
- 250 Ml Milk
- 500 Ml Water
- 100 Ml Milk
- Salt and pepper

Vinaigrette

- 60 Gr Foie gras
- 20 Unit(s) Red grapes
- 2 Sprig(s) Tarragon
- 25 Ml Maille xérès vinegar
- Salt and pepper

Foamed milk

- 300 Ml Milk
- 50 Gr Sliced almonds
- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **four** at **375 F°**

Mise-en-place

Cut the cauliflower into small chunks.

Idem goes for the foie gras but a bit smaller, 1cmX1cm cubes.

On the lenght side, cut the raisins in halves.

Take the leaves off the tarragon and chop it roughly.

Soup

In a big stewpot, plunge the cauliflower into the water and water mix. Bring everything to a boil then lower the heat back to medium-low and let it simmer.

You can make sure that the cauliflower is properly cooked with a tip of a pairing knife.

Sieve it all then in a blender, pulse everything. You can gage the texture up to your likings by adding a

Vinaigrette

In a high heated pan, colour the foie gras cubes. Take all the fat out and then deglaze with the vinegar. Add in the raisins.

Lastly, throw the tarragon in.

Foamed milk

Gently colour the almonds in the oven for 3mins. Heat up the milk and then put the almonds in, while making sure not to bring to a boil. Lower the heat to a minimum and let it all infuse 30mins. Sieve everything and keep it somewhat warm. Then with a handmixer, mix it all to get a nice and fluffy foam.

Montage

In medium heated bol, pour the soup in, lay down some fois gras cubes all around and a couple tarragon leaves here and there. Finishing touch is the foamed milk. Be generous!

Bon appétit!