

Parsnip cream with cooked foie gras and fresh chives |

Recipe for 4 portions

Description

Smoothie soup of parsnip served with a foie gras slice steared and fresh chives.

Ingredients

For the cream

- 500 Gr Parsnip
- 150 Gr White onion
- 1 Clove(s) Garlic
- 1 Liter(s) Chicken stock
- 2 Sprig(s) Thyme
- 100 Ml 35% cooking cream
- 6 Sprig(s) Chives

- Salt and pepper
- Vegetable oil

For the foie gras

- 2 Unit(s) Foie gras scallop

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

For the preparations

Chop the onion. Chop the garlic. Peel and dice the parsnips and mince the chive.

For the cream

In a hot pan with olive oil sweat the onion by adding a pinch of salt, add the garlic and the branches of thyme. Add the parsnips and let it cook for 2 minutes. Pour the stock on the top and let it cook gently for 30 minutes until tender. Add the cream, remove the thyme and smooth it in the blender, fix the seasoning and reserve it.

For the foie gras

In a dry hot pan, sear the foie gras on both sides until coloration, put it on a baking tray with a parchment paper. Finish the cooking in the oven for 3 minutes and season it with sea salt and fresh black ground Pepper.

For the platting

Pour a little parsnip cream in a soup plate. Place 3 pieces of foie gras escalope harmoniously on top and sprinkle with fresh chives.

Bon appétit!