

Seared foie gras with Maille raspberry vinegar and Sichuan pepper

Recipe for 4 persons



Description

Foie gras slices flavored with Sichuan pepper, crushed pistachios and served with a raspberry jus, a salad of arugula and walnut bread croutons.

Note

The brands are offering a lot of vinegar choices, so don't have any hesitations switching for another one on this recipe.

Ingredients

For the foie gras

- 4 Unit(s) Foie gras scallop
- 2 Pinch(es) Sichuan pepper
- 20 Gr Pistachios
- 100 Gr Raspberries
- 60 Ml Raspberry vinegar
- Salt and pepper

For the arugula salad

- 4 Handful(s) Arugula salad
- 15 Ml Raspberry vinegar
- 5 Ml Honey
- 30 Ml Olive oil
- Salt and pepper

For the walnut croutons

- 4 Slice(s) Walnut bread
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Crush the pistachios. Season the foie gras. Crush the Sichuan pepper.

Croutons preparation

Cut the slices of walnut bread diagonally. Place them on a baking sheet lined with parchment paper. Pour a drizzle of olive oil and bake 4 to 6 minutes until it gets golden brown.

Arugula salad preparation

In a small bowl, combine raspberry vinegar and honey with a whisk. Stir in a drizzle of olive oil and season with salt and pepper. At the last minute, mix with the arugula leaves.

Foie gras preparation

Season the foie gras slices with salt and Sichuan pepper, then sprinkle with pistachios on one side. In a hot pan, cook the foie gras 1 minute on each side starting with the side of pistachios. Pat dry on paper towels and keep warm. Degrease the pan then add the raspberries and cook 1 minute and deglaze with raspberry vinegar. Cook 2 min.

To serve

On your plate, place the foie gras with raspberry juice and a few raspberries around. Arrange the walnut bread croutons staggered with a small bunch of arugula on the side.

Bon appétit!