



FRIED FOIE GRAS, ROAST APPLES AND A REDUCTION OF RASPBERRY VINEGAR

INGREDIENTS

Roast apples

- 3 apples
- 50 g butter
- 15 g sugar
- 40 g shelled walnuts

The vinegar reduction

- 50 ml raspberry vinegar
- 35 g sugar

The foie gras

- 500 g foie gras, deveined and with the nerves removed
- 20 g flour
- Salt and pepper

Presentation

- Fleur de sel
(flower of salt)



RECIPE

Roast apples

- Wash the apples, peel them, and cut them in half widthways. Fry in a pan until golden before adding the sugar and butter, then finish cooking in the oven, preheated to 160°C, for about 10 minutes. When the cooking is done, add the walnuts to the apple mixture.

The vinegar reduction

- Put the raspberry vinegar in a saucepan, add the sugar and reduce slowly to give it the consistency of honey. This will take about 25 minutes.

FOOD AND WINE PAIRING

CHÂTEAU LAURIGA Rivesaltes Ambré Hors d'Âge



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RECIPE

The foie gras

- Cut the foie gras into slices, allowing about 80 g per person. Season them, then coat all sides with flour. Shake off any excess flour. Cook the slices of foie gras in a hot frying pan without any fat for about 3 minutes on each side. Leave to rest on kitchen paper for about 2 minutes, so that they release as much fat as possible.

Presentation

- Adjust the seasoning of the foie gras with the fleur de sel. On each plate, arrange a slice of foie gras with a dash of the raspberry vinegar reduction. Put a roast apple half next to it and serve warm.

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