

Pan fried foie gras with dried fruit



Preparation :
20 minutes
+ 2 hours of
marinade



Cooking time :
30 minutes



Difficulty :
Average



SERVES 6



INGREDIENTS

- 1 fresh duck foie gras (about 600 gms)
- 2 dried apricots
- 2 apples
- 2 dried figs
- 30 g raisins
- 1 date
- 1 pitted Agen prune
- 10 g candied lemon and orange peel
- 30 g walnut kernels
- 30 g of shelled almonds
- 200 g of sugar
- 25 cl of white wine (preferably Gewürztraminer)
- 5 cl of cider vinegar
- 1 pinch of powdered cinnamon
- 1 star aniseed
- pepper

PREPARATION

Put the apricots, figs, date, raisins, prune and the diced peel into a bowl along with the spices. Soak in white wine and leave to marinate for at least two hours.

Peel and dice the apple. Bring the vinegar to the boil with the sugar and apples and cook for 3 minutes. Next add the marinated dried fruits to the pan and bring back to the boil.

Leave to simmer for about five minutes stirring from time to time. Skim if necessary before adding the walnuts and almonds.

Stir the ingredients and leave to stand for 20 minutes.

Cut the foie gras into 12 equal slices and immediately flash fry on both sides in a hot pan. Season with salt and pepper to taste.

Serve the foie gras on a bed of dried fruit..



Raisins also come from specific grape varieties. They may be Turkish, Greek or Chilean in origin.