

Terrine de foie gras

Cuisine: **French**
Food category: **Poultry**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: 65 °C

1

Hot air

0 %

Termination by time

03:00 hh:mm

50 °C

80 %

2

take out the beets and insert the terrine

Steaming

Termination by time

00:18 hh:mm

63 °C

80 %

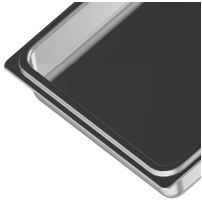
Ingredients - number of portions - 8		
Name	Value	Unit
goose liver	500	g
port wine red	10	ml
cognac	7	ml
caster sugar	3	g
salt	5	g
hazelnuts	40	g
hazelnut oil	20	ml
beet leaves	24	pcs
water	1	l
salt	10	g
glucose	250	ml
brioche	8	pcs

Nutrition and allergens	
Allergens: 1, 8 Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	120.7 kJ
Carbohydrate	3.1 g
Fat	6.1 g
Protein	12.6 g
Water	0 g

Directions

1. In a saucepan on high heat, bring the water and glucose to the boil and boil the beet leaves for 2 minutes. Turn down the heat to a minimum and simmer for another 8 minutes. Drain.
2. Set the oven on dry heat at 50°C.
3. Lay the leaves out on silicon sheets and dehydrate in the oven for 2 to 4 hours, or until they crystallise.
4. Combine the goose liver with port, cognac, sugar and salt.
5. Line a terrine mould with baking paper.
6. Transfer your foie gras in the terrine, line the top of the terrine with more baking paper to cover all the liver and vacuum seal, mould and all.
7. Set the oven on full steam at 63°C and steam the terrine for 18 minutes.
8. Chill, open the vacuum seal, tip over on a chopping board, remove the baking sheet and cut in 8 equal portions.
9. Plate, drizzle some hazelnut oil, dust with hazelnuts and top with a crystallised beet leaf.
10. Serve with brioche.

Recommended accessories



GN container Stainless
steel full