

Terrine de foie gras

Cuisine: French

Food category: Poultry



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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:

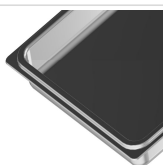
Vitamins:

| 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

- 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.
- Set the oven on dry heat at 50°C.
- Lay the leaves out on silicon sheets and dehydrate in the oven for 2 to 4 hours, or until they crystallise.
- Combine the goose liver with port, cognac, sugar and salt.
- Line a terrine mould with baking paper.
- 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.
- Set the oven on full steam at 63°C and steam the terrine for 18 minutes.
- Chill, open the vacuum seal, tip over on a chopping board, remove the baking sheet and cut in 8 equal portions.
- Plate, drizzle some hazelnut oil, dust with hazelnuts and top with a crystallised beet leaf.
- Serve with brioche.

Recommended accessories



GN container Stainless steel full