

Foie gras by Geoffrey.L

Cuisine: **French**

Food category: **Poultry**



Program steps

Preheating: 100 °C

1

 Steaming

 Termination by time

 00:18 hh:mm

 85 °C

 + 80 %



Ingredients - number of portions - 20

Name	Value	Unit
goose liver	4	pcs
fine salt	5	g
Sichuan pepper	5	g
ground cinnamon	4	g

Nutrition and allergens

Allergens:

Minerals: Na: 38758 mg

Vitamins:

Nutritional value of one portion	Value
Energy	0.9 kJ
Carbohydrate	0.2 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

We take the lobes of foie gras and we devein them.

We season the lobes on each side with the spice blend.

We wrap them and let them rest for 30 minutes.

We take two lobes that we wrap several times in plastic wrap, compressing to remove the air.

We tighten at the ends to finish the compression.

We tie the ends with twine.

We place the wrapped lobes on a rack, to encourage steam circulation.

At the end of the cycle, we remove the rack, and let the sausages rest.

We block the wrapped sausages in the chilling unit.

We let everything rest in the cold for 1 or 2 days.

We serve in slices on slightly toasted bread with a pinch of fleur de sel or other spices.

Enjoy your meal!

Recommended accessories



Stainless wire shelving