

Foie gras by Geoffrey.L

Cuisine: French

Food category: Poultry

Author: Baptiste Thériaud

Company: Retigo



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

Directions

We take the foie gras lobes and devein them.
 We season the lobes on each side with the spice mixture.
 We film and let 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 fix the ends with string.
 We place the filmed lobes on a grid, to promote the circulation of steam.
 At the end of the cycle, we take out the grid, and let the sausages rest.
 We block the filmed sausages in the cooling cell.
 We let everything rest in the cold for 1 or 2 days.
 We serve in sections on lightly toasted bread with a touch of fleur de sel or other spices.
 Enjoy your meal!

Recommended accessories



Stainless wire shelving