

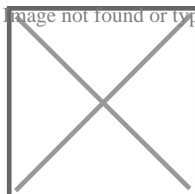
PRESSED FOIEGRAS WITH RISOTTO, IGS AND DARK RED PLUM JELLY

Savoury recipe / by Marc de Passorio



1. Foiegras

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Ingredients

Foie gras - 2 lobes

Salt - 11g

Pepper - 4g

Remove the veins from the foiegras then season it with 11 g salt and 4g pepper per kilo.

Put the bag into a shrink bag, poach it for 2 seconds in boiling water then cool it in iced water.

Put the shrink bag in a vacuum-wrap bag then cook for 45 minutes at 65°C in the immersion heater.

Store the foiegras in the refrigerator for several weeks.

2. Fig risotto

Ingredients

Frozen fruit purée 100% :
Violet Fig - 30g

Risotto - 200g

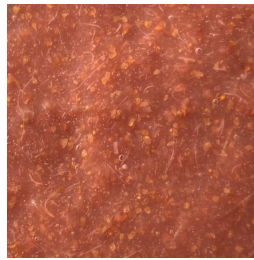
Onion - 1

Fresh liquid cream - As
required

Olive oil - As required

Fry the onions with the olive oil then gently fry the rice until translucent and wet with the light stock, cream and Boiron fig puree until cooked to taste.

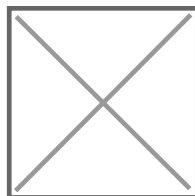
In this step



Frozen fruit purée
without added sugar* :
Violet Fig

Frozen fruit purées

3. Dark-red plum jelly



Ingredients

Frozen fruit purée 100% :
Dark-red plum - 125g

Water - 125g

Dark plum liqueur - 58g

Gelatine (sheet) - 5

Make the dark-red plum jelly, warm the dark red plum puree with water, dark-red plum cream and mix with the gelatine.

Then pour into a Silpat and keep in the refrigerator before portioning to the required shape.

Decoration:
purple shiso
borage shiso

Assembly:

Presentation: in shot glass or in a plate, depending on your wishes and inspiration

In this step



Frozen fruit purée
without added sugar* :
Dark-red plum

Frozen fruit purées

