



# *Pan-fried foie gras with apple chutney*

*for 2 persons*

## **Ingredients :**

- 200 g foie gras (duck or goose)
- 2 apples (Golden or Granny Smith)
- 1 shallot
- 50 g sugar
- 100 ml cider vinegar (or balsamic vinegar)
- 1 teaspoon of fresh grated ginger or ginger powder
- 1 tablespoon sunflower oil (or olive oil)
- Salt and pepper



## **Preparation :**

### **Preparation of apple chutney :**

Peel the apples, remove the cores, and cut them into small cubes. Peel and finely chop the shallot.

Cook the chutney : Heat a little oil in a saucepan over medium heat. Add the shallot and sauté until translucent (about 2-3 minutes).

Add the diced apples, sugar, vinegar, ginger, and star anise. Mix well.

Simmer : Simmer over low heat for 15-20 minutes, stirring occasionally, until the apples are tender and the mixture is syrupy. Season with salt and pepper. Once cooked, remove the star anise if used. Keep warm.

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## Preparation of foie gras :

Slice the foie gras : Cut the foie gras into slices about 1.5 cm thick. Season the slices on both sides with salt and pepper.

Cook the foie gras : In a non-stick frying pan, heat the oil over high heat. Once the pan is hot, place the foie gras slices in the pan.

Cook the foie gras for about 1 to 2 minutes on each side, until golden. Do not overcook the foie gras, it should remain soft and melting inside.

## Assemble the dish :

Serve : Arrange the slices of pan-seared foie gras on the plates.

Add a generous spoonful of apple chutney on the side.

## Advice :

For a harmonious pairing, the finesse and liveliness of our **Brut Blanc de Blancs 100% Chardonnay champagne in magnum** (150 cl), will enhance the delicacy of this dish.

The apple chutney can be prepared in advance and gently reheated just before serving.

