

Oppskrifter 26.9.2014 – Klubbmøte hos Rune

Foie Gras aux pruneaux

**8 prunes
1 cup/225 ml port
2/2 ounces/70 g fresh foie gras, cut into 4 slices
Salt and pepper**

Place the prunes in a small bowl, cover with the port, and soak for at least 2 hours before cooking the foie gras.

Season the foie gras with salt and pepper. Heat a saute pan over high heat until very hot. Sear the foie gras in the pan (no butter or oil needed) for about 45 seconds per side. The foie gras will shrivel and shrink and kick out lots of fat. The idea is to sear it quickly on each side until nicely caramelized and brown, without melting the whole thing away. It's almost impossible to cook this dish too rare, so concern yourself with the external color. If it's brown on both sides, lift it out of the pan with the spatula and transfer to a serving platter.

Quickly discard about half the fat that issued so enticingly from the foie, then add the soaked prunes. Using the spatula, stir in a little of the soaking liquid to dislodge (deglaze) any browned bits in the pan. Cook for 2 minutes, reducing the sauce, then pour it all over the foie gras and serve.

This dish is very nice served with a few thin slices of brioche toast to mop up the sauce. If you want to really look like a hotshot, you can also (much earlier in the day) reduce some balsamic vinegar to a thick syrup and then drizzle a tiny bit of it over the foie gras and the platter in decorative Jackson Pollock patterns as a sweet-sour garnish.

Drikke

Castelnau de Suduiraut, Sauternes 2005