

Seared Foie Gras

Show: Feb 6th

Ingredients: Serves 2

4 oz. Foie Gras
1 Tbls. Grape Seed or Vegetable Oil
1 tsp. Black Pepper, freshly ground

Procedure:

Allow 4 oz. foie gras to stand at room temperature for about 1 hour then slice the foie gras into 1/2 inch thick slices.

Preheat skillet on high heat with 1 Tbls. grape seed or vegetable oil until the oil begins to smoke.

Sauté until the foie gras begins to release fat into the skillet, about 15 seconds. Turn the slices over and sauté again about 15 seconds. Remove from the fat.

Serve with pomegranate seeds and pear and cranberry chutney. Garnish with raspberry powder.

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