

# Foie Gras



## Ingredients:

- 1 raw vacu-packed foie gras (duck or goose), approximately 600-750 grams
- 3 T ruby port
- $\frac{3}{4}$  tsp black pepper, freshly ground
- $1\frac{1}{4}$  tsp sea salt, flaked or kosher
- $\frac{1}{2}$  tsp nutmeg, freshly ground

## Equipment needed:

- 2 litre Tupperware container with lid
- 500 ml ceramic terrine with lid (measures approximately 16 cm x 12 cm)
- Aluminium foil
- Rectangular Pyrex dish, about 35 cm x 23 cm
- Large metal spoon

1. Take the foie gras and rinse it very briefly under cold water.
2. Over a cutting board, place your fingers to either side of the line separating the two lobes of the liver. Carefully separate the two sides.
3. In the middle of the liver, you will notice the vein. This runs through both lobes. Carefully pull this out of the liver. *Note: Remove as much of the vein as possible, **without** tearing the liver into little pieces. **The goal is to maintain as many large pieces of the liver as possible, while trying to get as many stringy bits out!***
4. Place the pieces of liver in the Tupperware.
5. Sprinkle the port evenly over the liver.
6. Season with freshly ground salt, pepper and nutmeg.
7. Cover the Tupperware and place in the refrigerator for 24 hours, occasionally gently rotating the container to allow for the even distribution of the port marinade.

## *24 Hours Later....*

You can now opt to either pan fry the foie gras or make a terrine.

### *Pan-Fried Foie Gras*

1. Slice the foie gras in 3 cm "steaks".
2. Take a Teflon-coated frying pan and heat it to the maximum temperature.
3. Place the foie gras in the pan and brown on either side (1-2 minutes).  
***Don't let it fry too long as it will fry away to nothing!*** At this point, you can also opt to fry halved-grapes (apples and pears are nice, too) along with the foie gras.
4. Serve along with mixed greens and toasted brioche. Eat immediately!

*Tip:* Retain the foie gras fat to either dip the brioche in, or to freeze and use later to roast potatoes.

### *Foie Gras in Terrine*

1. Preheat the oven to 150°C.
2. Place the foie gras in the terrine piece by piece, fitting the liver into the container so as to minimise any space around the pieces.
3. Once all the liver is in place, take the back of the large metal spoon and press downwards, flattening down the top surface and eliminating any air pockets from the terrine.
4. Take a 30 cm piece of foil and fold it so that there are at least 3 layers. Place this on top of the liver and press down one final time and leave it there.
5. Place the lid over the foil and wrap the terrine in foil, with the opening of the foil tightly closed at the top.
6. Put the terrine in the Pyrex baking dish "au bain Marie", filling the dish with boiling water to a level that is halfway up the side of the terrine.
7. Place the Pyrex dish in the oven and bake for 25 minutes.
8. Remove from the oven and take the terrine out of the Pyrex baking dish.
9. Cool to room temperature. Remove the surrounding foil and lift the lid.
10. Skim off any excess fat and reserve in a separate container for use later (freeze, as above, for roasting potatoes).
11. Wipe the sides of the terrine and put it in the refrigerator. *Note: It is best to let the foie gras stand for 48 hours before serving, as this allows for maximum flavour.*
12. To remove the foie gras from the terrine, use a hot sharp knife around the edges and tip upside down. If necessary, you can briefly soak the terrine in hot water to loosen up the sides.
13. Serve with mixed greens, a small mound of flaked salt and poached fruit (apples, figs, pears, prunes).