



Foie Gras Toasts with Sauternes Geleé

READY IN



300 min.

SERVINGS



36

CALORIES



27 kcal

Ingredients

- ☐ 1 slice of foie gras terrine 1-inch-thick () (6 ounces; not pâté or mousse)
- ☐ 1.5 teaspoons gelatin powder unflavored (from a)
- ☐ 0.5 cup sugar
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 2 tablespoons water
- ☐ 3 inch bread white firm (pullman loaf or sandwich bread)
- ☐ 1 cup sauternes

Equipment

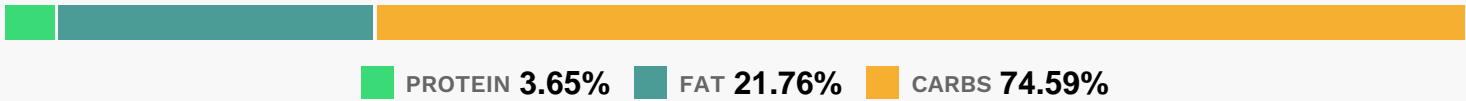
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ offset spatula
- ☐ cutting board

Directions

- ☐ Lightly oil a shallow 8-inch square baking dish or pan and line bottom and sides with a sheet of plastic wrap.
- ☐ Bring
- ☐ Sauternes and sugar to a boil in a small heavy saucepan, stirring until sugar has dissolved.
- ☐ Meanwhile, sprinkle gelatin over water in a small bowl and let soften 1 minute.
- ☐ Pour hot wine over gelatin mixture, then stir until gelatin has dissolved. Cool to room temperature.
- ☐ Pour wine-gelatin mixture into lined dish and chill, covered, until set, at least 4 hours.
- ☐ Lift gelée out of dish using plastic wrap and transfer to a cutting board.
- ☐ Cut gelée into 3/4-inch squares (without cutting through plastic).
- ☐ Cut foie gras into 1-inch squares (about 1/4 inch thick).
- ☐ Transfer squares with offset spatula to a tray lined with plastic wrap, then top each with a square of gelée (you will have extra gelée). Chill, covered with plastic wrap, until ready to serve.
- ☐ Preheat oven to 450°F with rack in upper third.
- ☐ Trim crusts from bread, then brush with butter and cut 6 (1 1/4-inch) squares from each slice. Arrange in a 4-sided sheet pan and bake until golden, about 6 minutes.
- ☐ Top toasts with foie-gras-and-gelée stacks.
- ☐ •Gelée can be chilled up to 2 days. •Foie-gras-and-gelée stacks can be chilled up to 1 day. •Bread can be buttered and cut (but not baked) 2 hours ahead and chilled, covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:4.02, Glycemic Load:2.01, Inflammation Score:-1, Nutrition Score:0.16086956615681%

Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 6.32mg, Malvidin: 6.32mg, Malvidin: 6.32mg, Malvidin: 6.32mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 26.71kcal (1.34%), Fat: 0.49g (0.76%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.78g (1.38%), Sugar: 3.3g (3.67%), Cholesterol: 1.4mg (0.47%), Sodium: 2.11mg (0.09%), Alcohol: 1.02g (100%), Alcohol %: 11.47% (100%), Protein: 0.19g (0.37%)