



Pan-Seared Foie Gras With Spiced Citrus Purée



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



610 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon candied orange peel diced finely
- ☐ 1 tablespoon chives finely sliced
- ☐ 1 stick cinnamon
- ☐ 4 servings sea salt
- ☐ 4 slabs foie gras pate fresh (6 to 8 ounces total, see note above)
- ☐ 4 servings kosher salt

- ☐ 1 cranberry-orange relish whole scrubbed
- ☐ 1 clove star anise
- ☐ 3 cups sugar
- ☐ 3 cups water

Equipment

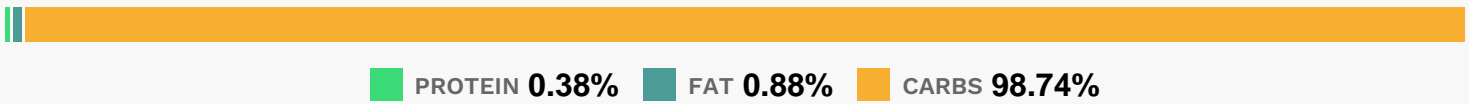
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ kitchen towels
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Make the Orange Puree: Use the tip of a sharp knife to cut several slits in the skin of the orange.
- ☐ Combine cinnamon, clove, sugar, and water in a small saucepan and bring to a boil over medium-high heat, stirring until sugar is dissolved. Reduce heat to the lowest setting.
- ☐ Add orange to pot.
- ☐ Place a clean kitchen towel or a paper towel over the top of the pot, pushing it down until it is in contact with the liquid to keep the orange moist on all sides. Cook until orange is completely tender, about 1 hour. Discard cinnamon and star anise.
- ☐ Transfer orange to the jar of a blender and add a cup of cooking syrup. Blend on high speed until completely smooth, adding more syrup as necessary to reach a nice gel-like consistency. Season with a pinch of salt and press through a fine mesh strainer. Set aside. Reserve orange syrup for another use (see note above)

- ☐ Lay a double layer of paper towels on top of a plate or cutting board and set aside. Season foie gras liberally on all sides with salt and pepper.
- ☐ Heat a small skillet over high heat for at least 3 minutes.
- ☐ Place foie gras in skillet scored-side-down. It should immediately start smoking, sizzling, and rendering fat. If it doesn't, remove and allow the pan to preheat for another 1 to 2 minutes. Once all four pieces of foie are in skillet, cook, swirling pan gently every few seconds, until deeply browned and crisp on first side, about 30 seconds. Use a thin metal spatula to flip foie gras onto second side and cook for 30 second longer.
- ☐ Transfer to paper towel-lined plate and let rest for 1 minute.
- ☐ Spoon some orange puree onto four individual serving plates and place 1 slice of foie gras on each. Top with chives, coarse sea salt, and candied orange peel.
- ☐ Serve immediately with lightly dressed greens.

Nutrition Facts



Properties

Glycemic Index:49.9, Glycemic Load:106.06, Inflammation Score:-3, Nutrition Score:4.03913042338%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 609.61kcal (30.48%), Fat: 0.62g (0.96%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 157.31g (52.44%), Net Carbohydrates: 155.92g (56.7%), Sugar: 155.78g (173.09%), Cholesterol: 5.15mg (1.72%), Sodium: 403.14mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin C: 17.99mg (21.81%), Manganese: 0.19mg (9.67%), Vitamin B12: 0.54µg (9%), Vitamin A: 420.92IU (8.42%), Copper: 0.14mg (6.9%), Fiber: 1.39g (5.56%), Folate: 18.09µg (4.52%), Iron: 0.61mg (3.39%), Calcium: 32.77mg (3.28%), Vitamin B2: 0.05mg (3.1%), Selenium: 1.82µg (2.6%), Vitamin B1: 0.04mg (2.39%), Potassium: 77.65mg (2.22%), Vitamin K: 2.05µg (1.95%), Magnesium: 6.88mg (1.72%), Vitamin B6: 0.03mg (1.58%), Vitamin B5: 0.15mg (1.53%)