



Seared Foie Gras and Lingonberry Jam on Brioche Toast

READY IN



60 min.

SERVINGS



60

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons pepper black freshly ground to taste
- ☐ 3 large egg bread loaf – crusts
- ☐ 1 pound chicken livers fresh cleaned (see Cooks' notes)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 cups lingonberry jam
- ☐ 0.8 cup olive oil
- ☐ 5 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ spatula

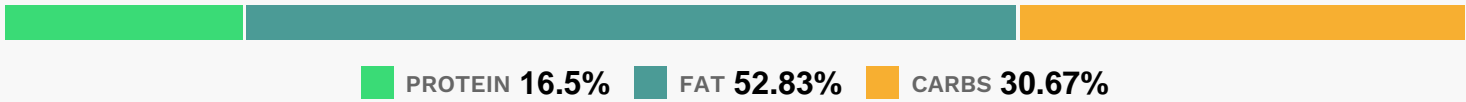
Directions

- ☐ Cut brioche into 3/4-inch-thick slices, then into 60 (1 1/2-inch) cubes.
- ☐ Heat 1 tablespoon butter with 2 tablespoons oil in a 12-inch nonstick skillet over moderate heat until foam subsides. Cook brioche cubes, 12 at a time, until golden brown on top and bottom, about 3 minutes total.
- ☐ Transfer brioche as cooked to a rack to cool and sprinkle with salt to taste. Between batches, carefully wipe skillet clean with paper towels and add more butter and oil.
- ☐ Stir pepper and juice into jam. Chill jam, covered, until ready to use.
- ☐ Preheat oven to 400°F.
- ☐ Cut foie gras into 1- by 1/2-inch pieces and season with salt and pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Reduce heat to moderate and cook foie gras, about 20 pieces at a time, until golden brown on both sides, about 1 1/2 minutes total.
- ☐ Transfer foie gras as cooked to a shallow baking pan with a spatula and arrange in 1 layer. Between batches, carefully wipe skillet clean.
- ☐ Reheat foie gras as needed in middle of oven 2 minutes, or until just hot, before assembling hors d'oeuvres. Just before serving, top toasts with lingonberry jam, then foie gras.
- ☐ • Lingonberry jam topping may be made 2 days ahead and chilled, covered. • Toasts may be made 1 day ahead and cooled completely before being stored in an airtight container at room temperature. If toasts get soft, recrisp them on a baking sheet in middle of a 400°F oven. • If using chicken livers, separate lobes and pat dry. Season with salt and pepper. Cook the livers, whole, until cooked through, about 4 minutes total.

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Cut the livers into pieces after they are cooked.

Nutrition Facts



Properties

Glycemic Index:0.53, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:4.2552173587939%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 31.65kcal (1.58%), Fat: 1.87g (2.88%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.54g (1.72%), Cholesterol: 28.62mg (9.54%), Sodium: 6.89mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin B12: 1.26µg (20.92%), Vitamin A: 867.12IU (17.34%), Folate: 44.58µg (11.15%), Vitamin B2: 0.14mg (7.95%), Manganese: 0.13mg (6.43%), Selenium: 4.16µg (5.94%), Vitamin B5: 0.47mg (4.74%), Iron: 0.71mg (3.92%), Vitamin B3: 0.74mg (3.7%), Vitamin B6: 0.06mg (3.24%), Phosphorus: 23.5mg (2.35%), Copper: 0.04mg (1.92%), Vitamin C: 1.42mg (1.72%), Vitamin B1: 0.02mg (1.56%), Zinc: 0.21mg (1.4%), Vitamin E: 0.16mg (1.06%)