



Seared Foie Gras with Caramelized Apples

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- 6 slices coarse-texture bread dark toasted (sourdough, rye)
- 0.1 lb butter
- 0.5 cup chicken broth
- 1 lb duck foie gras
- 6 granny smith apples cored peeled cut into 6 wedges ()
- 0.3 cup red wine vinegar
- 0.5 pound salad leaves mixed rinsed
- 8 servings salt

0.5 cup sugar

Equipment

frying pan

oven

oven mitt

Directions

Rinse foie gras; pat dry. Gently pull apart the lobes. Discard any tough membrane.

Cut pieces crosswise into 3/4-inch-thick slices; cover and chill.

Divide butter between 2 nonstick frying pans, 12 to 14 inches wide; melt over medium-high heat. Stir 1/4 cup sugar into each.

Lay apples equally in pans. Cook until wedges are browned and soft but still hold their shape, 15 to 20 minutes; turn as needed.

Set a slice of toast on each dinner plate; arrange apples equally beside toast and place in a 150 oven.

Quickly rinse and dry frying pans; place over high heat. When hot, fill with a single layer of foie gras; pieces can touch but shouldn't be crowded. Brown on 1 side, about 30 seconds; turn and brown other side, about 30 seconds more. As slices are browned, quickly put on toast and keep warm. To reduce spattering, pour fat from pan as it accumulates; reserve for other uses.

Pour all but 3 tablespoons drippings from 1 pan.

Add broth and vinegar to pan and bring to a boil over high heat.

Pour hot dressing over greens, mix, and mound beside apples and toast.

Serve at once, adding salt to taste.

Handling and cooking foie gras: Keep foie gras chilled until you use it – up to a week sealed in its wrapper. (Foie gras gets soft and difficult to handle when warm.) To saut foie gras, you need a hot pan and good ventilation, because the rendered fat spatters and smokes.

Pour off the fat as it accumulates and use oven mitts to protect your hands.

Nutrition information is not available, but foie gras is very high in fat.

Nutrition Facts



■ PROTEIN 15.67% ■ FAT 26.8% ■ CARBS 57.53%

Properties

Glycemic Index:20.09, Glycemic Load:19.07, Inflammation Score:-10, Nutrition Score:37.605217519014%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 309kcal (15.45%), Fat: 9.45g (14.54%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 41.2g (14.98%), Sugar: 28.2g (31.34%), Cholesterol: 292.29mg (97.43%), Sodium: 497.33mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.85%), Vitamin B12: 30.63µg (510.46%), Vitamin A: 18842.45IU (376.85%), Copper: 4.34mg (217.07%), Folate: 461.15µg (115.29%), Iron: 18.63mg (103.52%), Selenium: 44.96µg (64.23%), Vitamin B5: 3.81mg (38.12%), Vitamin B2: 0.63mg (36.79%), Vitamin K: 33.03µg (31.46%), Vitamin B1: 0.45mg (29.87%), Vitamin B6: 0.53mg (26.7%), Vitamin B3: 5.12mg (25.59%), Phosphorus: 202.26mg (20.23%), Manganese: 0.36mg (18%), Fiber: 4.43g (17.71%), Zinc: 2.08mg (13.9%), Vitamin C: 9.97mg (12.09%), Potassium: 382.37mg (10.92%), Magnesium: 33.39mg (8.35%), Calcium: 72.15mg (7.21%), Vitamin E: 0.56mg (3.75%)