

Seared Foie Gras with Maple Balsamic Reduction

Recipe by Chef Daniel LaGarde, CEC, Executive Chef, Do More With Maple

DO MORE WITH
Maple

Makes 4 servings

INGREDIENTS:

- 8 ea 1.25 oz foie gras escalope
- 1 ea Granny smith apple
- 3 ea strawberries
- 2 tablespoons unsalted butter
- 1 tablespoons chopped shallots
- 4 teaspoons maple sugar
- 4 medium size basil leaves (fine julienne)
- 4 tablespoons of maple balsamic reduction
- salt & pepper to taste

PREPARATION:

1. Peel, core and dice the green apple. Dice the strawberries.
2. Heat the butter in a sauté pan on medium heat, sweat the shallots, and then add the diced apple & strawberries. Add the maple sugar, cook until caramelized. Remove from heat; add the julienne of basil and season with salt & pepper.
3. Sear the foie gras over medium heat until each side is golden brown; leave the inside soft and pink. Remove to paper towel, blot off excess fat and season with salt & pepper.

ASSEMBLY:

4. Place the sautéed apple/strawberries on the plate; layer the foie gras on top. Brush the maple balsamic reduction on the plate. Garnish with basil sprig.



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REDUCTION INGREDIENTS:

- 1 cup balsamic vinegar
- 4 tablespoons Clearly Maple

PREPARATION:

1. Heat the balsamic vinegar on medium heat and reduce to half.
2. Let cool and add Clearly Maple; whisk together.