

## Sautéed Fresh Foie Gras with Apple and Prune Compote

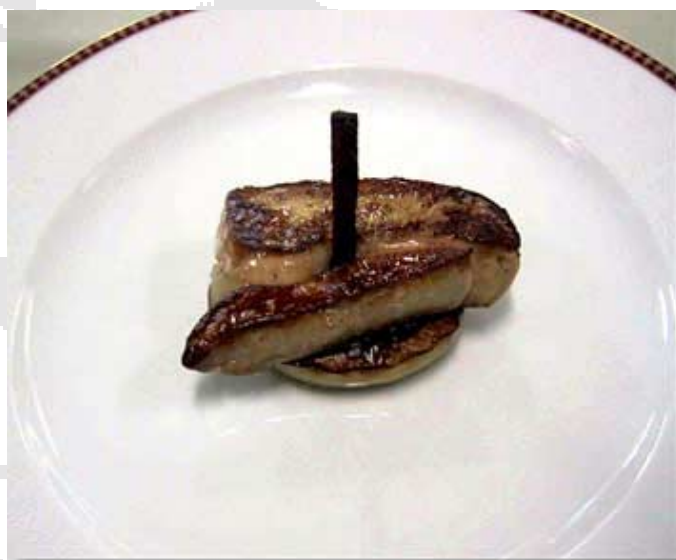
Category: Entrée, Serves 10 portions

### *Ingredients:*

10 pcs Foie gras scallops (50 grams each)  
Fleur de sel  
Black pepper  
2 pcs Golden apple (sliced 1 cm thick)  
50 gr Butter

### *Prunes Compote:*

1 dl Apple juice  
1 dl Xeres vinegar  
1 dl Water  
150 gr Dried prunes (pits removed)  
2 sticks Cinnamon



### *Preparation:*

- In a saucepan, mix together apple juice, Xeres vinegar, and water. Add the dried prunes and the cinnamon. Bring to a boil and remove from heat. Let marinate overnight.
- Remove the cinnamon stick. Place the prunes in a blender and purée. (Consistency should not be liquid but compote.)
- Remove the center part of apples. Do not remove the skin on apple. Sauté the apple in butter with small amount of sugar to give nice golden brown color. Keep warm.
- Sauté the foie gras scallops on both sides until nice golden brown. Drain on a paper towel. Season with pepper and fleur de sel.
- Place a slice of apple in the center of plate. Spoon the prune compote over the apple. Place the sautéed fresh foie gras on top and decorate with cinnamon stick as in above picture.

<b>Weight Measures Conversions:</b>	
<b>¼ ounce</b>	<b>8 grams</b>
<b>½ ounce</b>	<b>15 grams</b>
<b>1 ounce</b>	<b>30 grams</b>
<b>Four ounces</b>	<b>115 grams</b>
<b>1 cup</b>	<b>25 cl – 2,5 dl – 250 ml</b>
<b>2,2 pounds</b>	<b>1 kilogram</b>
<b>16 ounces</b>	<b>450 grams</b>
<b>8 ounces</b>	<b>1 pound</b>

