

Risotto au Foie Gras, Emulsion au Jus de Carottes

Foie Gras Risotto, Carrot Juice Emulsion

Category: Main Course (Serves 4)

Recipe by Martial Poilbout

Ingredients:

200	gm	Foie Gras Scaloppini
2	Ltr	Carrot Juice
30	gm	Coriander Seeds Crushed
50	gm	Oliver Oil
45	gm	Lemon Juice
20	gm	Cumin Powder
45	gm	Xérès
500	gm	Carrots
1	Bunch	Fresh Coriander chopped
1	Pce	Onion chopped
50	gm	Arborio Rice
50	gm	White Wine dry
100	gm	Chicken Stock
30	gm	Liquid Cream Whipped
10	gm	Parmesan Cheese grated
4	Slices	Prosciutto Ham

Entree



Olive oil, Salt, Pepper, Basil Leafs, Corn Starch,
SEE WEIGHT MEASURE CONVERSIONS AT THE END OF THE RECIPE

Preparation:

- Prepare the scaloppini of Foie Gras and keep them in the fridge
- Bring to boil the carrot juice with the Coriander seeds, the Olive Oil, the Lemon Juice, the Cumin & the Xérès
- Peel and cut the carrots into slices and cook them in the carrot juice for 10 minutes, when they are cooked, strain them and keep separate

Carrot Juice Emulsion:

- Make the carrot juice thicker with the Corn Starch
- Strain it and add the fresh coriander chopped
- Make the emulsion when ready to serve

The Risotto:

- In a pan: pour the olive oil and add the chopped onion and cook without coloration
- Add the rice and cook for 2 minutes then add the White Wine and reduce
- Add the salt to taste then the boiling Chicken Stock in small quantities until the rice is fully cooked
- Stop the cooking of the rice by incorporating the Whipped Cream
- Add the Parmesan Cheese and mix well

The Foie Gras:

- Season the foie gras and cook them without any oil

Presentation:

- In a large cup or deep plate: put the risotto, one scaloppini of Foie Gras on the top
- Then add the Emulsion of carrot Juice and the carrots
- Decorate with the Prosciutto Ham and Deep fried Basil leaf

Weight Measures Conversions:

¼ ounce	8 grams
½ ounce	15 grams
1 ounce	30 grams
4 ounces	115 grams
8 ounces	230 grams
16 ounces	455 grams (1 pound)
2.2 pounds	1 kilogram
1 cup	25 CL - 2.5DL - 250ML