

# Pan Seared foie gras with apple saffron nutmeg purée sous vide

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**Cooking time:** 45 minutes



## Ingredients

For 6 people

### Apple Saffron nutmeg purée (sous vide):

205g cooking apples, peeled, cored and diced  
salt and white pepper, to taste  
25 pistils saffron (Iranian or Spanish if possible)  
1 tbsp nutmeg jam  
Salt and white pepper, to taste

### Foie gras:

6 foie gras grade A, sliced in 60g portions of 3 slices of 120g  
salt & pepper, to taste  
6 tbsp shallots, sliced  
1 tsp fresh thyme leave, picked  
3 tbsp candied nutmeg skin, cut in small dice  
sea salt, to taste

### Rujak sauce:

1 gr Terasi shrimp paste, toasted  
3 tbsp Wet palm sugar  
2 tsp tamarind pulp  
1 pinch salt  
¼ bird's eye chilli

### Sauce:

100ml beef demi glaze  
salt and white pepper, to taste  
1 tbsp tamarind pulp  
3 tbsp water

### Others:

6 tips fresh herb of your liking for garnish

## Preparation

### Apple saffron nutmeg purée (sous vide):

Place all of the ingredients in a sous vide bag and vacuum. Cook in a **fusionchef** water bath at 85 °C for 45 minutes. Immediately remove from the water bath and using your hands mash up all of the ingredients into a marmalade. Refrigerate and allow to marinate no less than 12 hours before use.

### Rujak sauce:

Grind the salt, chili and shrimp paste with a mortar and pestle. In a bowl mix the tamarind pulp, the palm sugar and massage by hand until dissolved. Strain this mixture. Gradually pour this mixture over the mortar and mix thoroughly to ensure a smooth texture. Adjust the consistency of the sauce with hot water as needed so as to get a smooth and creamy sauce. Set aside.

### Foie gras:

Season the foie gras with salt and pepper. Sauté the foie gras in a hot pan over medium to high heat until golden brown on both sides. Reduce the heat and cook until the foie gras is warm in the center. Reduce the heat to low, add in the sliced shallots, the picked thyme and the diced nutmeg skin and cook slowly until the shallots turn translucent. Place the shallots, thyme, nutmeg mixture over the foie gras, season with sea salt and set aside on paper towels to absorb excess fat. Do not discard the fat in the sauté pan. Use it to make the sauce

### Sauce:

Massage the tamarind pulp and water together until dissolved and strain. Deglaze the pan of the cooking of the foie gras with the beef demi glaze. Reduce to consistency and adjust the seasoning with salt and pepper. Adjust the acidity of the sauce with the tamarind water.

This recipe was generously provided by Chris Salans.

### Assembly:

Heat up the apple saffron puree and season with salt and pepper to taste. In warm plates make a circle with the rujak sauce in the center of each plate. Place the apple nutmeg marmalade in the center of each circles. Place the seared foie gras over the puree. Drizzle the sauce over the foie gras. Garnish with a sprig of fresh

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herb and serve immediately.

**Tip:** If you can't get the nutmeg jam and candied skin you can substitute it with guava jam and pieces of candied guava or quince jam and candied quince.