

Smoked foie gras torchon sous vide

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Cooking time: 17 minutes



Ingredients

Smoked foie gras torchon (sous vide):

600 g foie gras lobe
3 g Pink salt
3 g Sea salt
4 g Ginger palm sugar
30 ml Cognac
1 handful Hickory wood chips

Brioche:

2 kg bakers flour
160 g sugar
40 g salt
50 g dry yeast
600 ml warm milk
10 eggs
4 egg yolks
1 kg butter (slightly softened)
1 egg (egg wash)

Pistachio Praline:

125 g raw shelled pistachios
125 g sugar
20 g glucose syrup
30 ml water

Orange marmalade:

1 kg oranges
1 kg sugar

Pickled vegetables:

100 g baby fennel
100 g baby carrots
100 g palm hearts
½ cup sugar
1 cup hot water

Preparation

Smoked foie gras torchon (sous vide):

First bring foie gras to room temperature and separate the lobes. Gently pull on the exposed veins using the back of a paring knife to follow them through the foie gras (try to keep the foie gras as whole as possible). Repeat until all the veins are removed.

To cold smoke the foie gras use a large wok and a two tiered steamer that fits on top. Place the hickory chips in the bottom of a wok and place on high heat until the wood beginning to smolder & smoke. Place the first steamer level on top with a large bowl of ice (this should be big enough to nearly cover the whole surface area), then the next level with foie gras and steamer lid. Reduce the heat and smoke for around five minutes, once the foie gras is finished it should have a soft smoky scent with not much change in colour or temperature.

Lay the foie gras on a tray and pour over the cognac, sugar & salts. Leave to sit in a fridge for 30 minutes, then divide into 2 equal amounts, roll in plastic film to form the torchon and tie the ends making sure there is no air trapped inside. The torchon should be 5-6cm in diameter.

Individually vacuum pack the torchon's and cook sous vide at 65 °C for 17 min or until the internal temperature reaches 60 °C, pull out, rest for 5 minutes, then place in ice water until chilled.

Brioche:

Dissolve the yeast into the warm milk, add the flour, sugar, salt & eggs into a kitchen mixer or kitchen aid and mix on the lowest setting for 5 minutes, then slightly increase the speed and mix for another 5 minutes, slowly add the softened butter and mix until all the butter is incorporated into the dough (smooth, silky & clinging to the hook). Allow to rest in a warm place until the dough doubles in size, then knock all the air out of the dough and portion into bread tins. Place the tins in a warm area until the dough has almost doubled in size, brush the tops with egg wash & bake at 160 °C for 30 minutes, turn loaves out of the tins and bake for another 5 minutes. Cool on a bread rack.

Pistachio Praline

Roast the pistachios at 140 °C until cooked. Make a caramel with the sugar,

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½ cup rice wine vinegar
Coriander seeds
Mustard seeds

glucose & water. Add the warm pistachios and allow to cool slightly and then separate into individual pieces.

Orange marmalade:

Make an x in both ends of the oranges through the skin. Boil for 1 hour, allow to cool. Cut into desired size, and toss with 600 grams sugar
Allow to sit for 1 hour. Boil for five minutes, stirring gently, covered with a cartouche. Allow to chill overnight.

Add 200 grams sugar, bring to a boil, and cook for five minutes, stirring gently, covered with a cartouche. Allow to chill overnight. Add the final 200 grams sugar, bring to a boil, and cook for five minutes, stirring gently, without cover, until nice and tight.

Deglaze with cointreau. Allow to cool at room temperature uncovered, and then keep in the chiller, or jar, seal, and keep at ambient temperature.

Pickled vegetables:

Finely slice the vegetable on a mandolin and lightly salt for 1hr. Toast the seeds in a dry pan. Add the liquids & sugar, bring to boil. Pour over the vegetables and leave for at least 24 hrs before use.

To finish the dish, toast the brioche and arrange the rest of the ingredients on the plate as desired.

This recipe was generously provided by Benjamin Cross.