

# Classic French Recipe 經典法國食譜

Foie gras is famous worldwide as part of French gastronomy. Foie Gras has become very popular in Hong Kong in recent years, especially pan fried foie gras which is tasty and easy to cook.  
法國鵝肝馳名於世，近年法國鵝肝菜式在港十分流行，特別是美味又容易烹調的香煎鵝肝。

## Seared Duck Foie Gras with Fig Coulis

### 香煎鵝肝配無花果紅加侖子汁



#### Ingredients 材料

#### Quantity 份量

1 Foie Gras 法國鵝肝	3 pcs 塊
2 Red Currant 紅加侖子	1 small bunch 小束
3 Peeled Figs 去皮無花果	2 pcs 顆
4 Fine chopped Shallots 細切青蔥	2 pcs 顆
5 Salt 鹽	Adequate 適量
6 Sugar 糖	1 tbsp 湯匙
7 White Pepper 白胡椒粉	Adequate 適量
8 Butter 牛油	¼ tbsp 湯匙
9 Fresh Thyme 百里香	2 sprigs 條
10 Mesclum Salad Greens 沙律菜	8 leaves 片
11 Port Wine 砵酒	200 mL 毫升
12 Chicken Stock 雞湯粒	1 pc 塊



#### Directions 煮法

##### Steps 1

Seared shallots in a small amount of butter and add diced foie gras. Cook for about 1 minute then add chopped figs, red current and sprigs of fresh thyme. Cook until slightly caramelized and add reduced chicken stock and a spoon of sugar. Reduce until slightly thick.  
用少量牛油煎青蔥和切塊的鵝肝粒。煮約1分鐘後加入切碎無花果、紅加侖子和少許百里香。煮至微焦糖後加入雞湯及一湯匙糖。慢煮直至略厚。



##### Steps 2

Pour in port wine and cook until the sticky brown color dissolves. Add in thyme and let it simmer with small bubbles for a few minutes.  
倒入砵酒，煮至粘稠直至褐色消失。然後加入百里香，讓醬汁在有小氣泡的狀態下慢煮幾分鐘。

##### Steps 3

Decorate the plate with salad greens and garnish.  
用沙拉菜和配菜裝飾餐碟。



##### Steps 4

Strain the sauce and set aside.  
將醬汁隔渣後備用。



##### Steps 5

Season the Foie Gras with salt and white pepper and sear in moderate to high heat in a dry pan. Flip it when brown.  
在鵝肝上放適量的鹽和白胡椒粉調味，置在中至高溫的乾鍋上煎。當表面煮至褐色時翻轉再煎。



##### Steps 6

Allow to drain on a blotting paper.  
用吸油紙將鵝肝表面多餘的油份吸走。



##### Steps 7

Place the foie gras on the plate and garnish with cooked fruits and fig coulis.  
將鵝肝上碟，用煮熟後的果肉和醬汁作裝飾。



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