

# Panfried Foie Gras with Apples and Calvados Sauce

## 煎鵝肝伴蘋果及香酒



Foie gras is a well-known part of French gastronomy. The best quality foie gras comes from Perigueux, Toulouse and Strasbourg region in France. Foie Gras has become very popular in Hong Kong recently, especially pan fried foie gras which is tasty and easy to cook. Pan fried foie gras served with cider and balsamic vinegar sauce, crispy on the outside and rich and creamy inside.

法國鵝肝馳名於世，尤以佩里格、圖盧茲及斯特拉斯堡所出產的鵝肝質量最好。近年法國鵝肝菜式在港十分流行，特別是香煎鵝肝，除了美味，烹調過程其實很簡單。鵝肝配上蘋果酒和黑醋，鵝肝外脆內軟，口感豐富而沒有油膩感。

Servings 份量 2  
Preparation 準備時間 10 min. 分鐘  
Cooking 製作時間 10 min. 分鐘



## Ingredients 材料

Foie Gras 鵝肝	100 g克
Flour 麵粉	2 tsp茶匙
Salt and pepper 鹽和胡椒碎	to taste適量
Apple 蘋果	1 pc個
Sugar 糖	1 tbsp 湯匙
Olive oil 橄欖油	2 tbsp 湯匙
Calvados wine 蘋果酒	1 tbsp 湯匙
Black vinegar 黑醋	1 tbsp湯匙

Rougie  
Frozen Duck  
Foie Gras (4 Slices)  
Rougie  
急凍鴨肝4片裝  
50085



## Method 製法

- 1 Peel the apple and remove the core, slice in pieces and coat with sugar.  
將蘋果去皮、去芯及切片，灑上糖。
- 2 On a hot pan, add 1 table spoon olive oil and caramelize the apple until golden brown.  
加熱平底鑊，用1湯匙橄欖油煎蘋果片至金黃色。
- 3 Cut the foie gras into slices 1cm thick and lightly season with salt and pepper, then coat with flour.  
將鵝肝切片，約1厘米厚，用鹽及胡椒碎調味，撲上麵粉。
- 4 Place foie gras in a hot pan and sear until golden brown on both sides.  
加熱平底鑊至高溫，再以猛火煎鵝肝至金黃色，取出待用。
- 5 In a sauce pan, add Calvados wine and black vinegar, mix and set aside to serve as sauce.  
加入蘋果酒及黑醋於平底鑊中，拌勻，醬汁即成。
- 6 Place a piece of foie gras on top of the caramelized apples. Spoon the sauce over the foie gras and serve.  
放煎鵝肝在蘋果片之上，加入醬汁後可趁熱享用。



## Tips 小貼士

1. Cut foie gras in a reasonably large portion size, approximately 1 to 2 cm thickness to avoid overcook.  
鵝肝不要切得太薄或太厚，約1至2厘米，因為鵝肝片太薄會很容易煮得過熟。
2. To preserve the fine texture of foie gras when slicing, heat up knife under hot water in between every slice. A hot knife will melt the fat as it goes through, leaving a clean and smooth surface.  
切鵝肝時，每切一刀前將刀用熱水加熱，加熱後的刀，可溶掉鵝肝的油脂，不會切散其原有的細膩質地。
3. To cook foie gras, heat up skillet with high heat or until smoking hot. Flip once only after one side is finished.  
煎鵝肝時，平底鍋要用猛火加熱，直至冒煙。切勿將鵝肝翻來覆去，必須先待一面煎至金黃色，才轉另一面繼續。
4. Unlike most meats, foie gras will not get tough if over cooked. It will, however, render itself into liquid, because it is primarily fat. Foie gras best served in medium-rare.  
鵝肝的主要成份是脂肪，煮得過熟不會像其他肉類變老變硬，但會變得軟身，口感變差。所以半熟的鵝肝是最美味。
5. Foie gras pairs well with a variety of fruity and sweet-sour flavours such as cranberry jelly or oriental chutney.  
鵝肝最適合配上果味或酸甜味的食物，如紅莓果凍、酸辣醬，最能帶出鵝肝的鮮味。

## Wine Suggestion 美酒配搭

Chateau Haut Faugeres Saint-Emilion Grand Cru with hints of fruit, full-bodied with chocolate character, good match with foie gras.

果味濃郁芬芳的 Chateau Haut Faugeres Saint-Emilion Grand Cru 紅酒，酒體剛強，擁有朱古力香氣，與豐腴的鵝肝是絕妙配搭。



Chateau Haut Faugeres  
Saint-Emilion Grand Cru  
315339