

BLOOD ORANGE AND FOIE GRAS CROMESQUI

THE DAY BEFORE...

FOIE GRAS

- 1 lb foie gras
- 1 oz brandy
- 1/2 tbsp fresh cracked black pepper
- 1/2 tbsp coarse sea salt

1. Allow your foie gras to warm to room temperature to make it easier to work with.
2. Carefully open the lobe and remove excess veins, blood, discolorations.
3. Lay your opened lobe out on a sheet of plastic wrap, season with salt, pepper and brandy.
4. Wrap and let cure in refrigerator for 12 hours.
5. Remove foie from plastic, cut down into smaller pieces, and sear on both sides while still chilled at high heat (chilling will allow some caramelization but minimal rendering out of fat).
6. After searing, the finished foie and all of the fat that rendered out will be blended into the cream sauce that follows.

THE DAY OF...

BLOOD ORANGE CREAM

- 2 tbsp butter, salted
- 1/2 cup onions, diced
- 1/2 cup leek whites, diced
- 6 cups heavy cream, 36%
- 2 cups blood orange juice, reduced to 50%
- 1 cups chicken stock, roasted
- 1 ea lemon, juice of - (reserve zest for breading)
- to taste salt and pepper
- 24 sheets gelatine, (bloomed in cold water)
- 1 set molds (ice cube trays, mini cupcake molds, etc...)

1. Melt your butter and lightly sweat your leek and onion until translucent. Increase heat slightly and deglaze with blood orange juice.
2. Add cream and chicken stock- allow to simmer/reduce by approx 25%.
3. Whisk gelatine that's been briefly steeped in cold water (bloomed) into warm cream.
4. Add lemon juice, salt, and pepper.
5. Transfer to a food processor and add foie gras gradually while pureeing at medium-high speed.
6. Once fully emulsified, adjust final seasoning and pour into whatever molds you want to work with (ice cube trays work fine).
- (I usually set one tester and chill it quickly in the freezer for 20 min, so I can confirm the finished product will hold up to breading before I mold the rest of the mix).
7. Refrigerate 2-3 hours

THE BREADING

- 1 cup panko bread crumbs, ground fine
- 1/2 cup panko bread crumbs, whole
- 1 Tbsp lemon zest
- to taste salt & pepper
- 1/2 cup flour
- 2 ea eggs

This portion is your basic eggwash and breadcrumb process, but x3, and I like to do the first 2 layers with a bread crumb that's been ground down extra fine for a better seal. The third coat can be a coarser crumb for better texture, I also like to incorporate lemon zest to that last breading.

1. Egg Wash procedure

- Set out 3 small pans- one with flour, one with beaten egg, one with bread crumbs;
- Dredge your chilled filling in the flour, then the egg, then the crumbs.

Repeat the entire process 3 times, ensuring to pack the crumbs well on the first 2 layers, then go loose and fluffy with the coarse crumbs on the last layer.

2. Re-chill in refrigerator 2-3 hours

THE FINISH...

Deep-fry the croustis in canola oil at 325* F until gently golden brown. Don't agitate more than you need to, and if you're not serving it immediately, you can hold them in a warm oven for the short term until you're ready to plate.

