

Recipes From Le Violon d'Ingres

135, rue Saint-Dominique
75007 Paris
Tel : 01 45 55 15 05

Tuesday through Saturday 12 to 2:30 pm.
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Foie gras d'oie brioché, gelée au pinot noir d'Alsace

Brioche of goose foie gras with Alsatian pinot noir aspic

Ingredients for 8 servings:

1.2 kg (2 ½ lb) goose foie gras, cleaned and veined
1 egg yolk
5 tablespoons Port wine
2 tablespoons sweet Gewürztraminer wine
2 teaspoons Cognac
25 cl (1 cup) Alsatian pinot noir wine
1 teaspoon ground white pepper
3 teaspoons granulated sugar
Fine sea salt, preferably from Guérande
1 tablespoon salt
25 g (1 oz) powdered aspic

For the brioche dough:

250 g (8 ¾ oz) flour
125 g (4 ½ oz) softened butter
25 cl (1 cup) whole milk
2 teaspoons baker's yeast
1 egg yolk
30 g (1 oz) granulated sugar
1 teaspoon salt

Preparation: 45 minutes + 12 hours marinating time

Cooking time: 1 ¼ hours + 8 hours in the refrigerator

A day in advance, prepare the brioche dough: Warm half of the milk in a saucepan. Dissolve the yeast in a bowl with a little milk, and add to the warm milk. In a mixing bowl, combine the flour, sugar and salt. Add the milk and yeast, the egg yolk and the remaining milk. Mix energetically to obtain a smooth dough. Add the softened butter,

kneading the dough until it pulls away from the sides of the bowl. Cover and refrigerate overnight.

Season the foie gras with salt, pepper and 1 teaspoon sugar. Place in a recipient with 2 tablespoons of the Port, the Cognac and gewurztraminer wine, and refrigerate to marinate for 12 hours. In a saucepan, combine the aspic with 50 cl (2 1/8 cup) water and bring to a boil. Remove from the heat and let cool. In another saucepan, combine the pinot noir wine, the remaining Port and sugar, and reduce to a syrupy consistency. Remove from the heat and let cool. Combine the Port syrup with the aspic mixture, and refrigerate overnight.

The following day, preheat the oven to 160°C (320°F). Roll out a little more than half of the brioche dough and cut into a rectangle large enough to line the bottom and sides of a deep-sided bread pan. Place the dough in the bread pan. Remove the foie gras from the marinade and place in the brioche-lined bread pan. Roll out the remaining brioche dough into a rectangle large enough to cover the top of the foie gras. Cover the foie gras with the dough and press the edges of the two pieces of dough together firmly. Brush the top of the dough with the egg yolk. Place in the oven and cook for 1 1/4 hours. Remove from the oven and let cool for a minimum of 4 hours.

Make a hole in the center of the top of the brioche. In a small saucepan, melt the aspic over low heat. Using a funnel, pour the liquid aspic into the hole. Refrigerate for more 4 hours.

To serve, cut the brioche in thick slices, and serve seasoned with fine sea salt.

Note: If the brioche has holes after the cooking, fill the cracks with a little softened butter.