

By Chef
Gabriel Choy



50°C FOIE GRAS TERRINE WITH PINEAPPLE SALSA AND MADEIRA JELLY (serves 3 to 4)

INGREDIENTS

GOOSE LIVER MARINADE

PINEAPPLE SALSA

MADEIRA JELLY

Foie gras 500g, cress for decoration pinch, olive oil squeeze.

Madeira 30g, cognac 30g, salt 6.5g, finely ground pepper 0.5g.

Pineapple 50g, brown sugar 10g, hot water 5g.

Madeira 70g, chicken stock 140g, gelatin sheets 8g, sugar 7g.

Methods:

Foie Gras Terrine:

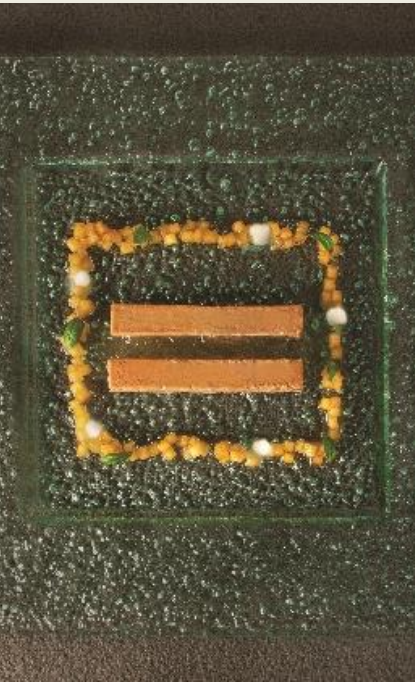
- 1) Leave the foie gras at room temperature for 30 minutes. Devein the foie gras and place in the goose liver marinade for 8 hours, turn it over after 4 hours.
- 2) Place the foie gras on tray in one single layer. Steam at 50°C for 16 minutes or longer (depending on the thickness).

Pineapple Salsa:

- 1) Cut the pineapple into 5mm cubes. Mix the brown sugar with hot water and steam at 100°C for 2 minutes. Mix with the pineapple and keep in fridge.

Madeira Jelly:

- 1) Soak the gelatin sheets in cold water for 5 to 10 minutes. Once soft, lift sheets from the cold water. Squeeze to remove excess water and add to the chicken stock and sugar. Steam at 100°C for 2 minutes until dissolved.
- 2) Stir it until melted completely and add the Madeira. Cover and refrigerate until set.



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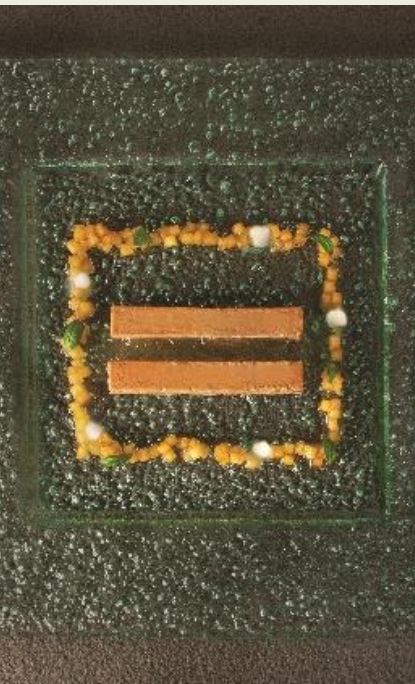


50°C FOIE GRAS TERRINE WITH PINEAPPLE SALSA AND MADEIRA JELLY (serves 3 to 4)

Serving: Cut the terrine into desired shape. Brush the foie gras with a light coat of olive oil, and served with madeira jelly and pineapple salsa, and cress for decoration.

Cooking tips:

- Removal of the nerves and veins on the foie gras will enable you to achieve a creamy melting texture when eating.
- Cooking the foie gras at 50°C low temperature in the Miele puresteam allows the flavour to be sealed in. The exact time and temperature on cooking the foie gras is very important. The Miele puresteam oven can accurately adjust within a temperature range of 40-100°C, which is perfect for cooking delicate and succulent foie gras.



50度鵝肝凍批配菠蘿莎莎及馬德拉酒啫喱 (3至4位份)

鵝肝醃料

馬德拉酒30克、干邑30克、鹽6.5克、已磨胡椒0.5克

菠蘿莎莎

菠蘿50克、□紅糖10克、熱水5克

馬德拉酒啫喱

馬德拉酒70克、雞湯140克、魚膠片8克、糖7克

做法：

鵝肝醬：

- 1) 將鵝肝放置於室溫下30分鐘，把鵝肝去除血管後用醃料醃約8小時，每4小時將鵝肝反轉。
- 2) 把鵝肝放在一個托盤，以50°C蒸16分鐘或更長的時間（視乎厚度）。

菠蘿莎莎：

- 1) 把菠蘿切成5毫米的立方體。將紅糖和熱水混合並用100°C蒸2分鐘。最後加入菠蘿，並放入冰箱備用。

馬德拉酒啫喱：

- 1) 將魚膠片浸泡於冷水中約5至10分鐘。浸至軟身後，把魚膠片取出並擠去多餘水份，並加入雞湯及糖。
- 2) 然後用100°C蒸2分鐘，直至魚膠片融化。然後攪拌至完全融化並加入馬德拉酒。包好並放進雪櫃雪藏至凝固。



50度鵝肝凍批配菠蘿莎莎及馬德拉酒啫喱 (3至4位份)

組合：把鵝肝醬切成所需形狀，鵝肝輕輕塗上橄欖油配上馬德拉酒啫喱及菠蘿莎莎，香草葉放於菠蘿莎莎上。

烹調小貼士：

- 鵝肝去除血筋後質地更軟滑，能達到入口即融。
- 鵝肝以50°C低溫烹調，更能保留鵝肝鮮味及其脂香。準確時間及溫度對烹煮鵝肝十分重要，而Miele蒸爐可準確調教40-100°C，配合鵝肝細緻肉質。