

Pan Seared Foie Gras with Fig Mostarda

Serves 2

Ingredients:

6 dried figs, quartered
1 cup madeira
3/4 cup sugar
2 T whole grain mustard
1/4 t powdered mustard
salt/pepper to taste
4 oz fresh foie gras (or defrosted frozen – foie gras freezes beautifully)
chopped chives
pepper/coarse salt
frisee or other bitter greens
olive oil (for dressing greens)
3 fresh figs (or reconstituted dried figs)



NOTE: If making ahead of time, make the mostarda and chill; do not try to sear the foie gras until you're ready to eat it!

Instructions:

- Combine first 5 ingredients in a small saucepan and bring to a simmer. Reduce heat to a minimal simmer, and cook about an hour – until mixture is reduced and a thick syrup. Set aside to cool, and season with salt and pepper.
- Divide foie gras into thick slabs (about 1/2" thick)...either 2 or 4 slabs, depending on the shape of your piece. Score in a cross-hatch pattern on one side.
- Season with salt and pepper.

- Heat a small skillet over high heat – really high. Get that skillet nice and hot. Place foie gras in skillet, scored side down. If it doesn't sizzle loudly, scoop it out quickly and let your skillet get even hotter.
- Cook foie gras about 20 or 30 seconds, or until crisp on the scored side. Flip foie gras carefully, and cook another 20 to 30 seconds.
- Remove from skillet immediately and allow to rest while you prepare the plating.
- Place some of the mostarda on one side of each plate. On the other side, place the greens, lightly dressed in olive oil OR...if you let your foie gras cook too long, carefully pour the hot liquefied foie gras on the greens. Lightly season greens with salt and pepper.
- Place foie gras slabs atop greens, and dress with some additional mostarda.
- Arrange fresh or reconstituted figs around foie gras.
- Top with chives and fresh pepper, if desired.

NOTE ABOUT FOIE GRAS: Foie gras does not come in a can. If you have foie gras in a can, it's a pate or some other mixture, and it will NOT sear! Don't make this rookie mistake...it will turn to mush...delicious, liquefied mush, but still, it's mush. Foie gras for searing comes from a very nice butcher, and will be wrapped in paper. It looks like slightly discolored, firm butter.

Recipe adapted from www.seriousseats.com.