

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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Hudson Valley Foie Gras, New York, USA

Terrine of Hudson Valley Foie Gras Tropical Fruit Jam, Ginger Molasses Citrus Laced Cookies

In Gascony, the liver is traditionally served in a porcelain terrine mold, along with a serving spoon and a small bowl of hot water. Each person dips the spoon in the hot water to heat it and neatly scoops out a portion to spread it on grilled slices of coarse peasant bread. A more elegant approach is to serve the terrine in slices, arranged around diced aspic, greens dressed in walnut oil vinaigrette, and toasted brioche. The preparation and resting time for a terrine is 5 – 7 days.



Serves 12

Ingredients

Foie gras :

- 2 2 grade-A fresh *foie gras*, rinsed and de-veined
- 2 tbsp kosher salt
- 1 tsp freshly ground white pepper
- 3tbsp Martell Cognac

Tropical fruit jam :

- 2 cups sugar
- 2 cups sweet dessert wine
- 2 ups Martell Cognac
- ¼ cup dried mango, dried pineapple, dried apricot, dried papaya (each), finely diced
- 3 tbsp rice wine vinegar
- 1 'red bird's eye' Thai chilli pepper, finely minced
- Kosher salt and pepper, to taste

Ginger molasses laced cookies :

- ½ cup packed light brown sugar
- 6 tbsp sweet butter
- 2 tbsp unsulfured molasses
- 1 tbsp fresh lemon juice
- 1/3 cup all-purpose flour
- 1 tsp ginger, ground
- 1 lemon, for zest
- 1 orange, for zest
- pinch salt
- sea salt kernels (optional)

Garnish :

- 1 sprig chervil

Method

For the *foie gras* terrine: Drain the livers on paper towels and pat dry. Mix salt and pepper and season livers thoroughly. Drizzle with Martell Cognac, cover and refrigerate overnight. Return livers to room temperature 1 hour prior to cooking.

Preheat oven to 102°C. Line a terrine mold with heatproof plastic wrap, leaving enough excess wrap to fold over the top of the terrine. Fit one of the large lobes, smooth side down, into the mold. Flatten it to eliminate air pockets. Place the smaller lobes and any pieces of liver in the middle and top with the remaining large lobe. Press down to fit into the mold. Cover securely with the heatproof plastic wrap.

To create a water bath (*bain marie*), place a folded kitchen towel in the bottom of a roasting pan. Put the sealed terrine (right side up) on the towel and add hot water to fill the pan halfway. Roast in the oven for an hour or until the internal temperature measures 54°C. Then remove the terrine from the *bain marie* and place immediately in iced water for 10 minutes.

If the terrine you are using does not have a lid, create one by wrapping a piece of cardboard fitted to the mold with plastic wrap. Gently push down the *foie gras* with this lid to press out most of the fat. Weigh down the lid with cans or weights and place in the refrigerator for 3 days.

Unmold the liver from the terrine, wrap tightly in plastic wrap and aluminum foil and return to the refrigerator in a clean terrine mold for an additional 2 days before serving to allow the flavors to develop.

For the tropical fruit jam: Mix the sugar and dessert wine to form a simple syrup. In a large, heavy pot bring the syrup and the Martel Cognac to a boil and reduce by 25%. Add the dried fruit, reduce heat, and simmer for about 45 minutes. Remove from heat. Stir in the vinegar and cool completely. Add the chili pepper and season to taste with salt and pepper. Shape jam into quenelles using two spoons.

For the ginger molasses laced cookies: Preheat an oven to 177°C. Line 2 large baking sheets with parchment paper. In a 1.5 liter heavy saucepan and over moderate heat, bring brown sugar, butter, molasses and lemon juice to a boil, stirring constantly, for 1 minute. Remove pan from heat and stir in flour, ginger, lemon and orange zest, and pinch of salt until mixture is smooth. Cool dough to room temperature.

To form cookies, pinch off level ½ teaspoon pieces of dough and roll into balls. Place balls on the lined baking sheets about 10cm apart. Bake cookies in batches in upper and lower thirds of oven, switching position of sheets halfway through baking. Bake for 10 minutes, or until cookies are flat and golden. Transfer parchment with cookies to cooling racks. Cool baking sheets and line with fresh parchment between batches. For savory cookies, add a few sea salt kernels prior to baking or when they are immediately out of the oven and still warm.

Serving

Place a terrine of *foie gras* on a plate and season with sea salt. Garnish with a quenelle of jam, topped with a sprig of chervil. Serve along side one or two lace cookies.