

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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Foie Gras with Martell Cognac, California Raisins, Shallot and Pepper Glaze and Caramelised Onion and Fig Compote



Ingredients

1 pc *foie gras*, pan-fried

Glaze :

50g shallots, roughly cut
150ml Martell Cognac
30g California raisins
3 black peppercorns
unsalted butter, chilled

Fig Compôte :

200g red onion, sliced
50ml Martell Cognac
50g brown sugar
100g fresh figs, sliced
balsamic vinegar

Method

For the caramelised onion and fig compôte: In a heavy based pan *sauté* onions quickly in a little olive oil until they caramelise. Flame with Martell Cognac and stir to remove colour from base of pan. Add brown sugar, vinegar and fig slices and simmer for an hour.

For the raisin, shallot and pepper glaze: In a shallow pan *sauté* the shallots in a little olive oil until they caramelise. Add Martell Cognac, raisins and peppercorns and cook until liquid is half its original amount. Carefully remove peppercorns and whisk in a few knobs of butter.

Serving

Top the fig and onion compôte with a piece of pan-fried *foie gras* and spoon some shallot and pepper glaze over.