

Goose foie gras steak with figs sea buckthorn sauce



Ingredients

1 foiegras steak*
1 lemon wedge
6-7 pieces of asparagus
Freshly ground pepper mix to taste
2 tablespoons of sea buckthorn berries
Sugar to taste
Salt to taste
** defrosted or fresh*

Preparation method

Gently score the foiegras steak with a knife in a skin-deep diagonal pattern and season with salt and pepper. Sear on a very hot pan from each side until golden brown. Cook until readiness in the oven for 1,5 – 2 minutes. Meanwhile cook the asparagus in a frying pan or grill.

Sauce: grind sea buckthorn berries with sugar, after add 2 tablespoons of water and squeeze a lemon wedge. Bring to the boil and cook for 8-10 minutes then pass through a sieve.

Serving

Serve the foiegras steak on a bed of grilled asparagus and spoon it over with sea buckthorn sauce. In addition serve an extra sauce in separate bowl. Also an orange wedges and microgreen can be used for dish decoration.