

Pan-Seared Foie Gras With Fig Mostarda and Fresh Figs

Yield: 11 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fig-mostarda-recipe>

Ingredients:

- 6 dried figs split into quarters
- 1 cup cognac
- 1 cup sugar
- 1 tablespoon whole grain mustard
- 1/4 teaspoon mustard powder
- 1 pinch salt
- 4 foie gras slabs fresh grade "A", each 1/2-inch thick, lightly scored in a hashmark pattern on one side, 6 to 8 ounces total, see not...
- ground black pepper Freshly
- 1 tablespoon chives finely sliced
- sea salt Coarse, such as Maldon or fleur de sel
- 4 figs fresh

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 24 grams
3. Fiber: 1 grams
4. Sodium: 115 milligrams
5. Sugar: 23 grams

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