

Deception



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Foie Gras rolled in roasted almonds and a roasted almond and goat's cheese mousse, served with sweet pickled plums and raspberry glass tuille.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

DECEPTION

Foie Gras In Roasted Almonds

- 50g Foie Gras
- 20g Flaked Almonds

Roasted Almond And Goat's Cheese Mousse

- 500ml Cream
- 200g Flaked Almonds, roasted
- 120g Goat's Cheese
- 10g Gelatin, softened
- 300ml Cream, semi whipped
- Salt and Pepper to taste

Pickled Plum



- 8 Large Red Plums
- 200ml Water
- 200g Castor Sugar
- 100ml White Wine Vinegar
- 5g Purple Food Colour Powder

Raspberry Glass Tuille

- 130g Castor Sugar
- 60g Glucose
- 50ml Water
- 12g Ground Dried Raspberries
- 3g Red Food Colour Powder

Methods and Directions

DECEPTION

Foie Gras In Roasted Almonds

- Roast the flaked almonds for 10 to 15 mins at 180°C or until golden brown. Remove from the oven and allow to cool. Cut the Foie Gras into 3mm wide strips, as long as possible. Roughly chop the flaked almonds and carefully roll the Foie Gras in it, coating it well. Freeze until needed for the mousse.

Roasted Almond And Goat's Cheese

- On a baking tray, place the flaked almond and roast in the oven for 20 minutes at 180°C.
- Meanwhile, in a small saucepan, bring the first amount of cream to the boil.
- Stir in the hot roasted almonds and allow infusing for 1 hour.
- After 1 hour or when flavour is achieved, place 300ml of the almond and milk cream into a saucepan and bring to the boil.
- When it has reached the boiling point, take off the heat and whisk in the gelatin.
- Place the goat's cheese in a bowl and strain the cream over it.
- Whisk until smooth and allow to cool to at 40°C.
- Fold though the semi whipped cream and season to taste.
- Cover the mousse with glad wrap so that it will not form a skin and allow to firm up.
- When the mousse has firmed up, place into a piping bag with a size 8 nozzle.

Pickled Plum

- Bring water and sugar to boil, stir in white wine vinegar and colour.
- Slice the plums as thinly as possible and place into a container.
- Strain the hot poaching liquid over the plums and cover. Allow to cool completely.



- Then strain the plum slices and place them over paper towels to get rid of any excess liquid.
- Lay a piece of glad wrap over a chopping board 20cm long and lay the plum slices flat with the ends crossing over, to look like fish scales.
- Only lay enough plum slices to cover the Foie Gras and almond mousse tube.

Raspberry Glass Tuille

- Place the sugar, glucose and water into a small saucepan and bring to 160°C.
- When it has reached the temperature pour onto a silpat mat and allow to cool.
- When the toffee has set, break up into small pieces and place into a dry clean blender with the colour and dried raspberries and blend until a fine powder is formed.
- Sieve onto a silpat mat and into a 3x3cm square and bake at 170°C for 8 to 10 minutes.
- Take out of the oven and cool.

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