

Pan Seared Foie Gras

Pan-seared foie gras with aromatic wine sauce. This luxurious French appetizer delivers rich, buttery flavors with crispy exterior and creamy center.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 tbsp unsalted butter
- 1 clove garlic
- 1 tsp rosemary
- 1 tsp orange
- 1 cup wine
- 1 tsp fresh lemon juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the foie gras**

Remove foie gras from refrigerator and let stand at room temperature for 15 minutes. Score each slice in a crosshatch pattern about 1/4-inch deep using a sharp knife.
- 2 Pat foie gras slices completely dry with paper towels. Season both sides generously with salt and freshly ground black pepper.**
- 3 Sear the foie gras**

Heat a heavy-bottomed stainless steel or cast iron pan over medium-high heat for 2 minutes until very hot but not smoking.
- 4 Place foie gras slices in the dry pan without overcrowding, leaving space between each piece. Sear for 2-3 minutes without moving until a golden-brown crust forms on the bottom.**

- 5 Flip foie gras once and sear the other side for 2 minutes more until internal temperature reaches 120°F(49°C) for medium-rare. The slices should feel slightly firm when pressed gently.
- 6 Transfer foie gras to a warm plate and tent loosely with aluminum foil to rest. Pour off all but 1 tablespoon of the rendered fat from the pan, reserving the rest for another use.
- 7 **Make the pan sauce**

Add 1 tablespoon butter, 1 minced garlic clove, 1 teaspoon orange zest, and 1 teaspoon fresh rosemary to the same pan. Sauté for 30 seconds until fragrant but not browned.
- 8 Pour in 1 cup white wine and bring to a vigorous boil, scraping up any browned bits from the bottom of the pan. Reduce heat to medium and simmer for 3-4 minutes until reduced by half.
- 9 Remove pan from heat and whisk in 1 teaspoon lemon juice. Season with 1 teaspoon salt and 1 teaspoon black pepper, tasting and adjusting as needed.
- 10 **Serve**

Place foie gras slices on warmed plates and immediately drizzle with the warm pan sauce. Serve at once while the foie gras is still hot.

Tips

Use a heavy-bottomed stainless steel or cast iron pan for even heat distribution and proper browning. Thin pans cause uneven cooking and can burn the delicate exterior.

Score foie gras slices lightly in a crosshatch pattern to control fat rendering and prevent excessive shrinkage during cooking.

Keep a warm knife for slicing by dipping it in hot water between cuts. This prevents the blade from dragging and tearing the delicate liver tissue.

Reserve rendered foie gras fat for other cooking applications. This luxurious cooking fat adds incredible flavor to roasted vegetables or seared proteins.

Don't crowd the pan when searing multiple slices. Cook in batches if necessary to maintain proper temperature and achieve even browning.

Pat foie gras completely dry with paper towels before seasoning to ensure proper browning and prevent excessive splattering.

Let the wine reduction cool slightly before serving to prevent it from cooking the foie gras when drizzled on top.

Serve on warmed plates to maintain optimal temperature and prevent the rendered fat from solidifying too quickly.

