



*Kitchak Cellars, where good food and great wine are both a necessity of life and a lifestyle.*

## Grilled Foie Gras with Apples and Onions

**Time:** 1.5 hours total preparation. Actual cooking time 45 minutes.  
**Servings:** 8  
**Wine Pairing:** Any good Sauternes (sorry folks we don't make a sweet wine, but we do like Foie Gras)  
**Serve:** With a dinner of roast lamb or grilled fish

### Inspiration:

In June of 1997, I had just spent the previous 24 hours driving a race car in the 24 hours of Le Mans in central France. We were there with our Swiss friends Stephanie and Waldemar Isele. After the race we drove to Paris to visit friends of theirs who lived in a restored farmhouse on 8 acres on a hill top just west of Paris with a view of the Eiffel Tower. Carlo Asiassa made dinner that evening including a wonderful Foie Gras. While very tired, I was not going to miss a minute of watching our host prepare a fabulous dinner. It was Carlo's preparation of foie gras that evening that is the inspiration for this recipe.

### Ingredients:

1.5 lb of fresh duck Foie Gras, available FedEx overnight from [www.dartagnan.com](http://www.dartagnan.com)  
2 ripe yellow apples  
1 large yellow onion  
1 tablespoon unsalted butter  
1 cup (or more) decent Sauvignon Blanc white wine.  
Chardonnay which is not too oaky can be substituted.  
1 cup Calvados. Calvados is an apple brandy from the French région of Basse-Normandie or Lower Normandy.  
½ teaspoon of nutmeg  
½ teaspoon of cinnamon or one half cinnamon stick  
¼ cup coarse sea salt  
2 tablespoons fresh lemon juice  
Salt and freshly ground pepper

### Directions Apple/Onion compote:

1. Peel the apples, cut out the core and cut the apples into slices the long way. Set aside. Peel the onion and chop with knife so that onion pieces are no longer than about an inch or so.
2. In a saucepan place one tablespoon of the unsalted butter and sauté the onion until it is translucent, but not brown. Add one cup of Sauvignon Blanc wine. Add the apples and place on low heat to begin a very slow cook. After 30 minutes add enough additional wine to keep the mixture liquid but not soupy. Add the lemon juice, the nutmeg and the cinnamon and let simmer for another 30 minutes. Add the Calvados and simmer for at least 15 more minutes.

### Directions Foie Gras:

1. Order the Foie Gras a day or two ahead of when you will need it. It refrigerates well for a few days.
2. Cut the Foie Gras with a sharp knife across the liver on an angle cutting pieces about 1½ inches thick. Score one side with a crisscross pattern.
3. Using a skillet, preferably a cast iron pan, heat it very hot over a high flame. Turn the kitchen fan on high.
4. Do not place any oil in the skillet.
5. Sear on one side until brown and slightly crispy (only about 30 seconds to 1 minute) turn over sear on other side (another 30 seconds). Plate on a small plate with scored side up. Sprinkle on sea salt. Add a generous dollop of the onion apple compote on the side. Serve hot.