



Foie Gras Mousse with Fig Syrup served on Crisped Toast

This is an elegant, decadent hors d'oeuvre to begin a meal, but one that is very simple, as it is crafted with purchased specialty products. There is no need to attempt creating foie gras mousse when there are quite a few high-quality purveyors already doing it, particularly if you are not comfortable with the idea of working with an expensive item like foie gras. If you have trouble finding mousse, you can substitute pâté (shown in photo). There is also some flexibility with the syrup you use for a garnish (see variations).

2 servings

Ingredients

6 ounces high-quality foie gras mousse (can substitute pâté)
6 pieces crisped toasts
Fig syrup for drizzling

Preparation

Place 1 ounce of foie gras mousse on each piece of toast and drizzle with fig syrup (see variations below).

Variations

Toasts

If you prefer to make the crisped toasts yourself, simply purchase a loaf of hors d'oeuvre-sized bread (about 2" x 2"; these usually come in a pack), brush them with olive oil, and place on a tray in the oven until crisp. Be careful not to burn.

Syrup

If you would like to change out the fig syrup, you can reduce ¼ cup of balsamic vinegar over a very low heat until it is the consistency of a syrup, again being careful not to burn it, and drizzle it over the final product.

You may also find other varieties of fruit syrups in your specialty store or supermarket, so a raspberry syrup would also work for this recipe (and may be more readily available).

[Chef's Note: If you prefer to create this exactly as-is, we offer a kit from Hudson Valley Foie Gras in our online boutique. The kit is entitled "[Ménage à Foie](#)," and also contains duck prosciutto, which you can use for the [Pear and Prosciutto Salad with Toasted Walnuts](#).]

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