

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Seared Foie Gras with Icewine-Soaked Apricots

10 ounces (250 g) foie gras, chilled
4 small, yellow-flesh potatoes, washed
1 tsp (5 mL) unsalted butter
1 tsp (5 mL) extra virgin olive oil
¼ cup (60 mL) raw almonds
8 dried apricots, sliced in half horizontally
½ cup (125 mL) Vidal Icewine
½ cup (125 mL) seedless green grapes, washed and patted dry
salt and freshly ground black pepper

Run a thin knife under hot water to warm it. Dry the knife and cut the foie gras into 16 slices. Season with salt and pepper and refrigerate.

Slice potatoes into total of 16 thin slices, discarding the potato ends. Add the butter and oil to a skillet and heat until the butter has melted.

Add the potatoes and cook until they are lightly browned, about 2 to 3 minutes. Season and turn them over. Cook until done. Remove the potato slices from the pan and drain on a kitchen towel. Add the almonds to the skillet and cook for a few minutes until they become golden. Transfer to a cutting board and roughly chop the almonds.

Add the dried apricot halves and Icewine to the skillet. Bring to a simmer and cook for 15 minutes or until the Icewine has become quite syrupy and reduced by half. Slice half the grapes in half, leaving the remainder whole. Add all of the grapes to the skillet and cook for an additional 5 minutes. Remove the apricots and grapes and set aside.

Add the foie gras to the skillet and cook on high until golden brown, approximately 1 minute per side.

Lay 4 potato slices on each of 4 plates. Place dried apricot on each potato slice and top with foie gras. Sprinkle with the chopped almonds and garnish with grapes around the edges. Drizzle with pan juices. Serve immediately.

Serve with chilled Vidal or Riesling Icewine. Serves 4.



Recipe + photo courtesy of ICEWINE, Extreme Winemaking by Donald Ziraldo and Karl Kaiser

Episode #39: Wine + Your Health

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!