

Apple and Foie Mille-feuille with Red Wine Sauce

COOKING
LOVERS TVMA



Consejo del chef

Drizzle generously with the red wine sauce before serving.

Raciones para 3

1 Potato

Olive oil

Salt

1 Apple

Fresh foie gras

150 ml Red wine

50 ml Balsamic vinegar

60 gr Sugar

1 Cinnamon stick

2 Tablespoon of cornflour

60 ml Water

- 1 Peel the potato and slice it into thin rounds. Arrange the slices on a baking tray, sprinkle with a pinch of salt, and drizzle with olive oil. Bake at 180 °C for 20 minutes.
- 2 Core the apple and slice it into thin rounds. Fry the slices lightly in a pan with a drizzle of olive oil, cooking briefly on each side.
- 3 In the same pan, cook the fresh foie gras pieces until golden.
- 4 For the sauce, combine the red wine and balsamic vinegar in a small saucepan. Add the sugar and cinnamon stick. Dissolve the cornflour in cold water and stir into the saucepan. Mix and cook until the sauce thickens.
- 5 Assemble the mille-feuille by layering potato slices, apple slices, and foie gras.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/milhojas-manzana/>

