

# SIGNATURE



# Foie Gras Puff Pastry Plait

*By Nicolas Boussin and Maxime Guérin*





# Foie Gras Puff Pastry Plait

*An original recipe from chefs  
Nicolas Boussin and Maxime Guérin  
to enhance your knowledge and  
expand your range*



Recipe for 2 plaits

**Tip: Use the quick puff pastry for this recipe**

## QUICK PUFF PASTRY

### Ingredients

300 g strong flour (T45)  
700 g strong flour (T55)  
20 g salt  
500 g water  
1000 g Lescure 84 % fat butter sheet

Mix together 300 g of T45 flour, 700 g of T55 flour, 20 g of salt and 500 g of water. Add 1000 g of butter, cut into pieces, but do not mix it too thoroughly. Roll into a ball and leave to rest in the refrigerator.

Roll out the pastry.

Complete six simple turns, respecting the resting time required.

## FILLING

### Ingredients

400 g of minced pork belly  
200 g diced skinless duck breast  
400 g minced duck (plus the skin from the duck breast)  
14 g salt  
130 g of duck foie gras, cubed  
3 g pepper  
100 g white wine  
20 g cognac  
35 g shallots  
3 g garlic

Mix the ingredients together.

Leave to marinate overnight in the refrigerator.

Make a sausage 5 cm in diameter and 25 cm long using film.

Cook in a steam oven at 63 °C and leave to cool.

## GLAZE

### Ingredients

250 g eggs  
25 g milk  
25 g egg yolks  
1 g salt

Mix all the ingredients together.

## ASSEMBLY

Roll out the pastry to a thickness of 1.5 mm then leave to rest in the refrigerator.

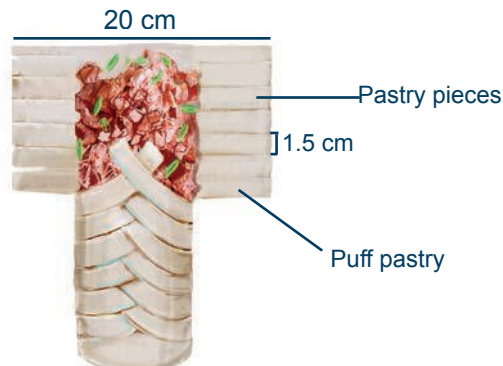
Cut out 30 x 20 cm rectangles.

Using a pastry wheel cutter, cut out 1.5 cm wide strips along the longest edge of your pastry, leaving room for your sausage filling. (See diagram)

Moisten the edges of the pastry with water using a brush.

Add the cooked filling. Plait then seal the edges before leaving to rest in the refrigerator.

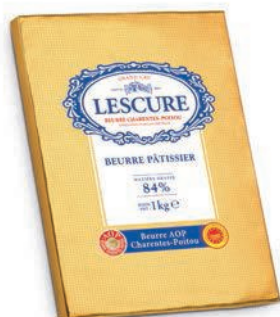
Spray on two layers of glaze. Cook in a fan oven at 175 °C for 30 minutes.



## Tip from LESCURE

Cut into slices and offer as a pre-dinner snack or to share.

# LESCURE BUTTER: A HIGH-QUALITY INGREDIENT



## 84% FAT PÂTISSIER BUTTER SHEET AOP CHARENTES-POITOU

A typical flavour and excellent pliability, especially suitable for puff pastry. A butter which is perfectly regular throughout the year, for delicious pastries every day.