

			
Easy	2 Hours	Lunch/Supper	6-8 Portions

The exception of exceptions—the kind of dish you can only make once a year: a foie gras parfait canapé with grouse hearts and shallots sautéed in butter, topped with ice cider pearls and pickled elderberries. All the flavors of the forest and the terroir in a single bite. Simple, local, and authentic.

INGREDIENTS

- Sourdough bread.
- 1 block of commercial foie gras parfait (e.g., Rougié).
- 1 to 2 partridge hearts per canapé.
- 1 French shallot, finely minced.
- Salted butter (for sautéing).
- 125 ml ice cider.
- 0.9 g agar-agar.
- Pickled immature elderberries (Gourmet Sauvage).
- Salt and pepper to taste.
- Neutral oil (chilled in the freezer for the pearls).

ÉTAPES

Preparation: Place the neutral oil in a tall container in the freezer for 30–45 minutes.

Cider Pearls: Boil the ice cider and agar-agar for 1 minute. Pour into a squeeze bottle, let cool slightly, and drop into the icy oil. Strain and rinse. (Many videos are available online if you want to visualize the exact technique).

The Base: Toast the sourdough bread slices in a pan with butter until golden. Use a cookie cutter to cut out clean rounds.

The Sauté: Sauté the shallot in butter. Add the partridge hearts over high heat for 60–90 seconds (keep them pink). Season with salt and pepper.

Assembly: Spread the parfait on the toast rounds. Top with the warm hearts and shallots. Garnish with the elderberries and cider pearls.

