



© Céline de Cérrou pour France Olive

white bean velouté with foie gras

Ingredients for 4 persons:

250g dried white beans (or 500g cooked white beans)
100g foie gras
1 chicken stock cube (or 25cl home-made stock)
3 tbsp PDO huile d'olive d'Aix-en-Provence
1 handful hazelnuts
20 cl 4% single cream
Parsley
Salt, pepper

Optional:

50g bleu de Bresse or bleu de Roquefort or 1 pear.



Preparation: 15 to 20 mins
Cooking: 15 mins to 1h15
Resting time: 12H (if you are using dries white beans)

The day before: Soak the dried white beans in a large volume of water with 1 teaspoon of baking soda. If the white beans are already cooked, start by the cooking step with the chicken stock.

On the cooking day: Set aside the foie gras in the freezer (about 30 mins to 1h). Drain and cook the white beans in a large amount of salted water for at least 1h. Drain by keeping 1 bowl of the cooking water. Put back the cooked beans in the saucepan, with the cooking water in the bowl and the chicken stock cube. Bring to the boil, then let simmer for 10 minutes.

In the meantime, dry-roast the hazelnuts in a pan. Chop them coarsely.

Blend the white beans finely. Season with pepper, add the olive oil and the cream. Let simmer for 2 more minutes and blend again.

Serve in bowls or plates.

Remove the foie gras from the freezer and cut it into shavings. Sprinkle the shavings over the plates or bowls, then garnish with chopped parsley and either crumbled cheese or pieces of pear. Finish by sprinkling with hazelnuts.