

Seared Foie Gras on Mango Tart with Mango Strawberry Glaze



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- Sub Category Name
Food
Savory
- Recipe Source Name
Shangri-la Tea Cuisine
- Activities Name
Real High Tea

Used Teas



t-Series Mango and
Strawberry

Ingredients

Seared Foie Gras on Mango Tart with Mango Strawberry Glaze

- 1000g Foie gras
- 10pcs Puff pastry, 12cm in diameter and 2mm thick
- 1000g Thai mango (peeled and deseeded, thinly sliced lengthwise)
- 150g Frisee lettuce (yellow part)
- 10pcs Chervil sprig (15g)



For the vinaigrette

- 10g Mango strawberry tea leaves
- 5cl Water at 90°C
- 20g Honey
- 5cl Lemon juice
- 5cl Olive oil
- 4g Salt
- 2g Black pepper (freshly grounded)

For the glaze

- 20g Mango strawberry tea leaves
- 25cl Water at 90°C
- 25g Honey
- 20g Brown sugar
- 25g Butter
- 5cl Lemon juice

Methods and Directions

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- On the puff pastry tart, arrange the mango slices as a rose.
- Brush a small amount of honey on it.
- Bake at 180°C for 20 minutes.
- Cut the foie gras in 30 pcs or 25 grams each.
- Season with salt and black pepper.
- Sear in a non-stick pan until golden brown.
- Add the glaze and allow to cook for a minute.
- Arrange 3 slices on each mango tart.

For the vinaigrette

- Steep the tea for 8 minutes and strain.
- Pour the tea, honey and lemon in a bowl.
- Add salt and pepper and whisk.
- Add the oil and whisk again.

For the glaze

- Steep the tea for 8 minutes and strain. Liquid reduce into half.
- In a sauce pot, pour the brown sugar and honey until caramelized. Add the lemon juice then the tea.



- Reduce to obtain a glaze consistency.

Assembly / Finishing

- Brush the remaining glaze on the plates
- Arrange the tart as per picture
- Garnish with the frisee drizzle the vinaigrette
- Add the chervil

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