MIBRASA®

RECIPEs

FOIE MI-CUIT
WITH SHIITAKE MUSHROOMS
AND SMOKED DASHI

INGREDIENTS

- 200g foie mi-cuit
- 500ml Dashi
- 6 fresh Shiitake mushrooms
- Soy beansprouts
- Flour
- Edible flowers

METHOD

- Chop two mushrooms and leave the last 4 mushrooms whole. On the whole mushrooms, score a star shape on the surface of the mushroom heads. Drizzle olive oil into a Mibrasa casserole dish with the mushrooms and fry for 2 minutes. Remove from the oven, add the Dashi and then cook for another minute to bring out the smoky flavours.

- Lightly flour the foie and gently fry in a preheated casserole dish for 20 seconds each side and then set aside on another plate.

- In the same casserole dish add a drizzle of olive oil and gently fry the soy sprouts for 30 seconds.

- Serve the foie in a deep dish on top of a bed of sautéed soy sprouts, 2 shiitake mushrooms, and pour over a spoonful of Dashi broth. Garnish with edible flowers or chives.

Serves 2              4 minutes                                 2 Mibrasa casserole dishes

Share your recipes!  
#mibrasa

tel. +34 610 172 763
mibrasa@mibrasa.com
www.mibrasa.com