

Foie Gras & Eggs (Bonus – Foie Gras & Coconut Oil Butter!

Ingredients

- 3 – 5 half inch or 1.25 cm foie gras slices
- Fresh ground black pepper to taste (about 1 teaspoon)
- Himalayan rock salt to taste (about 1 teaspoon)
- 100 ml or approximately 7 tablespoons coconut oil

Instructions

- Rub ground pepper and Himalayan rock salt into one side of foie gras slices.
- Place seasoned side of foie gras face down on high heat for 30 seconds while seasoning the opposite side with the salt and pepper.
- Reduce heat to medium and sear for an additional 2 minutes.
- Flip foie gras and sear for 2 minutes.
- Remove foie gras and place on plate.
- Add coconut oil to pan, combining with rendered fat from foie gras sear.
- Add eggs – drizzle heated fat and oil atop frying eggs to help cook sunny-side-up side. Plate eggs along with foie gras once cooked to your liking.

Bonus Butter!

Pour combined foie gras fat and coconut oil into serving dish or ramekin and chill. This will become a lovely spread to enjoy on its own or atop another dish!

Video instructions available at the Caveman in Japan YouTube Channel

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