

FOIE GRAS CONTROVERSY

Dining is a social activity quietly, customarily used to distinguish the classes globally. Five stars are used to designate upscale venues which assure us our dining experience encompasses environment and the expectation to partake of dishes, beverages and desserts familiar only to those who can afford such. Fine dining for those who dare take on the expense, are granted the opportunity to share in delightful taste, flavors, atmosphere and fine food fashion. Truffles, caviar, and other exotic foods have been notable time oriented symbolism of such cultivated high-end dining.

Despite the associated expense, most of us desire knowledge of the sense of uniqueness of these food items and at times the skills and meal preparation techniques required to replicate recipes inside our at-home kitchen space. Others, grasp onto the food resource and animal farming techniques used in discussion of reflective pricing practices. It is with this in mind that we are somewhat disturbed, especially 'animal rights activist' in the disclosure of one such suggested divine taste and the undertaking in breeding for a serving of FOIE GRAS duck or goose.

Though personally I have not eaten this dish, for well over twenty-years, FOIE GRAS duck or goose has been considered a delicacy in its consideration as a fancy food item. In research, it is found to be the fattened liver of one of the aforementioned animals prepared and plated for those eager to capture its suggested rich, meat butter flavor. This of course is the high fat content melting within the heat of our oral cavity which can contribute to (MASLD) Metabolic Dysfunction- Associated Steatotic Liver Disease in humans.

It is then assumed that it was not the food itself that caused a global controversy, but the farming practice found to breed ducks or goose specifically for such elegant consumption. To achieve such an edible delight, the duck or unlucky goose is force-fed ten to fifteen days to fatten its liver as their diets in the wilderness or domestic intake are far beneath the level of uptake necessary to achieve fat based liver. These animals are fed corn boiled with fat through tubes which in-turn generates large deposits of fat in their livers to increase its organ size 10x's. It is a restricted feeding practice termed "Stopgavage."

As its popularity arose and it became a dining mainstay there too came the scrutiny over the years as an awareness of the "cruel and inhumane treatment of the animal" spread. Researchers suggest that this then enlarged animal depicted transferrable negative outcomes from this torment which paralleled that of any human subjected to such treatment. Its increased shape inhibits the ability to walk freely, tubing scars the esophagus and leaves a scar of imposing higher mortality rates. It is thence detrimental to the welfare and health of the bird,



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which directly paves the path toward litigation procedures.

Globally, activist put forth efforts to prosecute breeders and farmers as this practice is a direct "violation of animal cruelty statues and in France specifically, "animal rights and welfare laws." There too has been a clear focus upon the housing conditions the birds are forced to live under. Small cages with little room for natural activity as being forced fed while others state there is no sign of adverse effects upon the animals from this form of living arrangement. (2004) Yet, it was indicated that the process of gavage is pathologically unacceptable. In 2023, however, the European food and safety agency (EFSA) reported opposition to the prescribed housing as unsuitable for ducks and geese.

Foie Gras farming thus far, has been banned in California, Indian, Israel, Argentina, San Paulo, Brazil and parts of Europe. This impacts its reported 2020 reported U.S. 1.3 billion value.



References

Animals Legal Defense Fund

farmsanctuary.org

Victory: Court Rules NYC Foie Gras Ban Can Take Effect, March 13, 2026

Wikipedia: Foie Gras Controversy



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