

# Chicken Liver Parfait

Serves 8 starter portions | Allow 1 hour 30 minutes | Dinner party show stopper!



## Special Equipment

- Terrine mold (ideally 23cm X 9cm X 8cm)
- Food processor (like a Magimix)
- Food temperature probe

## Ingredients

- 400 g of fresh chicken livers, trimmed (remove dark or sinewy parts)
- 500 ml of milk
- 500 ml of cold water
- 5 medium eggs
- 475 g butter
- 4 tsp salt
- 100 ml of dry sherry
- 100 ml of ruby port
- 50 ml of cognac
- 60 g of finely diced shallot
- 2 sprigs of thyme, leaves only, finely chopped
- 1 garlic clove, crushed
- 2 pinches freshly ground black pepper

## Method

1. Place the chicken livers in a shallow dish, pour over the milk and water, add two teaspoons of salt and then leave to soak for one hour. This will draw out the blood and any bitter flavors. Carefully rinse the livers and drain well.
2. Preheat the oven to 130°C.
3. Gently melt 400 g of the butter in a pan and leave to one side.
4. Put the sherry, port, Cognac, shallots, thyme and garlic into a small saucepan and bring to the boil. Let the mixture bubble and simmer until reduced by one-third then leave the reduction to cool.
5. Place the drained chicken livers in the food processor, add the liquor and herb reduction and blend adding one egg at a time for 3 to 4 minutes.
6. Continue the blending process gradually adding the melted butter, the remaining salt and the pepper (careful not to add the butter too quickly as the parfait may split).
7. Gently melt the other 75 g of the butter in a pan and leave to one side.
8. Line the terrine tin with grease proof paper leaving a 3cm overlap at the top.
9. Using the back of a ladle, press the parfait mix through a fine sieve into a large bowl then pour into the lined terrine mold leaving a 1 cm space between at the top.
10. Cut another piece of grease proof paper to use as a lid to protect the top of the parfait from the direct heat of the oven.
11. Place the terrine in a deep baking tray and pour in boiling water until it reaches two-thirds of the way up the sides of the terrine mold.
12. Cover the entire tray loosely with a sheet of tin foil and put in the preheated oven for 40 minutes.
13. When the parfait is ready it should have a soft, bouncy texture and an internal temperature of 70°C (use your probe to check this). If too runny or cool in the middle, pop it back in the oven for another 5 minutes and check again.
14. Once you are happy your parfait is cooked, leave it to cool for 30 minutes.
15. Peel away the grease proof paper lid from the top, pour on the melted butter to a thickness of about 0.5cm then refrigerate overnight (12 hours).
16. Line a flat baking tray with a new piece of grease proof paper, flip the terrine mold up so the solid parfait comes out butter side down, cover with cling film and refrigerate until needed.

## To Serve

1. Dip a sharp knife in boiling water and cut into thick slices.
2. In the restaurant we serve with homemade chutney or compote and toasted homemade sourdough.