

Chicken Liver Parfait



Although this recipe seems complicated - it does require a couple of attempts to get better at it – it's definitely worth persevering!

Makes one terrine mould

Ingredients

400g chicken livers
400g salted butter
5 eggs
125ml double cream
1 clove garlic, peeled and chopped
1tbsp brandy
A pinch of ground white pepper

Plus an extra 110g of soft salted butter for coating

Method

Begin by rinsing the livers in cold water to wash off any excess blood, discarding any damaged livers. Drain to dry in a colander.

Warm the butter and cream together in a pan until melted and blitz with all the other ingredients in a food processor. Pass through a sieve to remove any stringy bits.

Pour into a terrine mould and place the mould in tin foil. Then make a bain marie (water bath) by placing the parfait mould into an oven tray with warm water in it. This will prevent the parfait cooking too quickly and splitting.

Carefully place the whole thing in the oven 125°C for around 40 – 60 minutes.

The parfait should have a very slight wobble to it when you check it. Cooking it for too long will mean it will lose its nice pink colour, so this may take a bit of practice to get it perfect.

Remove from the oven and allow to cool, then cover with cling film and place in the fridge overnight to set properly.

Whip the soft butter for coating with an electric whisk until light and pale.

Scrape a little of the parfait back from the top of the mould to reveal the nice pink colour underneath and spread some of the butter on to cover. Place in the fridge for 5 minutes.

Then dip the mould in hot water for 30 seconds and turn out onto a small tray. Smooth off the edges and spread the whipped butter around the top and sides to make a complete seal of the parfait.

This will help preserve the nice pink colour and also help smooth out the parfait when you are eating it.

Place the whole thing in the fridge to set and cut a slice with a hot knife when required.