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ingredients to inspire...

CHICKEN LIVER PARFAIT WITH TOASTED SOURDOUGH BREAD

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Brought to you by
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Serves: 6

Ingredients

400g chicken livers,
trimmed

15ml olive oil

2 shallots, peeled
and finely chopped

2 garlic cloves, peeled
and finely chopped

½ tsp chopped thyme

1 small wine glass
of brandy

150g butter, softened

2 tsp honey

150ml double cream

100g clarified butter

1 loaf sourdough bread

Method

1. Heat the olive oil in a pan. Slowly cook the shallots and garlic over low heat until soft and tender. Turn up the heat, then add the livers and thyme. Cook the livers until lightly-coloured, but still a little pink in the middle.
2. Pour the brandy into the pan and simmer for a minute or so.
3. Take the livers off the heat and tip them into a food processor. Blitz until you have a smooth purée. Add the softened butter, honey and cream and continue to blitz until smooth, then season well with salt and pepper.
4. Transfer the mixture to a kilner jar and place into the fridge to set for two hours.
5. After two hours, spoon the clarified butter over the mixture and leave the parfait in the fridge until needed.
6. When you are ready to serve, slice the bread and toast on a griddle.
7. To serve, pile the toasted bread onto a board next to your parfait. Serve with gherkins and red onion marmalade.

