



Chicken Liver Parfait

 Medium  35 minutes  Serves 6

INGREDIENTS

- 400g chicken livers
- 15ml olive oil
- 2 shallots (peeled and finely chopped)
- 2 garlic cloves (peeled and chopped)
- ½ tsp chopped thyme
- 1 small wine glass of brandy
- 150g butter (softened)
- 2 tsp honey
- 150ml double cream
- 100g clarified butter

METHOD

- Step 1.**
Heat your olive oil in a pan and slowly cook the shallots and garlic over a low heat until soft.
- Step 2.**
Turn up the heat and add your livers and thyme (cook the livers thoroughly until they reach 65°C).
- Step 3.**
Pour your brandy into the pan and simmer for a minute.
- Step 4.**
Take your livers off the heat and pour into a food processor and blitz until smooth.
- Step 5.**
Add your softened butter, honey, cream and continue to blitz.
- Step 6.**
Season with salt and pepper and add to a fridge.
- Step 7.**
Place in a kilner jar and pop in the fridge to chill for two hours.
- Step 8.**
If you are going to keep, melt some clarified butter and pour over the mixture and return to the fridge.