



Chicken Liver Crostini with Pickled Eggs

READY IN



45 min.

SERVINGS



12

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12.3 inch crusty baguette
- ☐ 1 bay leaves
- ☐ 2 bay leaves divided
- ☐ 2 tablespoons butter ()
- ☐ 1 chicken trimmed
- ☐ 6 ounces chicken livers deveined
- ☐ 0.3 cup wine dry white
- ☐ 4 garlic clove minced peeled
- ☐ 6 hardboiled eggs peeled

- ☐ 0.5 cup olive oil for brushing bread
- ☐ 1 cup onion finely chopped
- ☐ 3 tablespoons port wine
- ☐ 1.5 cups red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 2 large shallots sliced into rounds
- ☐ 1.5 teaspoons sugar
- ☐ 4 thyme sprigs fresh
- ☐ 4 thyme sprigs fresh divided chopped
- ☐ 0.5 cup water

Equipment

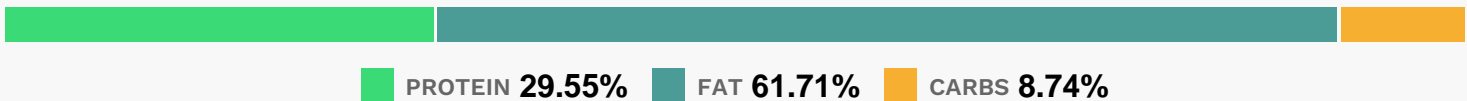
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ skewers
- ☐ cutting board

Directions

- ☐ Combine vinegar, 1/2 cup water, shallots, thyme sprigs, cloves, bay leaf, salt, and sugar in medium saucepan; bring to boil. Reduce heat to medium-low and simmer pickling mixture 15 minutes to allow flavors to blend.
- ☐ Remove mixture from heat and cool to room temperature.
- ☐ Pierce hard-boiled eggs all over with thin skewer or fork to depth of 1/2 inch.
- ☐ Place eggs in 1-quart glass jar or medium bowl.

- ☐ Pour pickling mixture over eggs; cover and refrigerate overnight. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Combine 1/2 cup olive oil, thyme sprigs, peeled garlic cloves, 1 bay leaf, and 1/2 teaspoon salt in medium skillet; heat over medium-low heat.
- ☐ Add chicken heart and gizzard to skillet and cook gently until tender, turning occasionally, about 30 minutes (do not allow oil mixture to boil).
- ☐ Transfer heart and gizzard to cutting board and cool completely, then chop finely. Reserve skillet with oil mixture.
- ☐ Add chicken livers to oil mixture in same skillet and cook gently over medium heat until brown on outside but still pink in center, about 10 minutes.
- ☐ Transfer chicken livers and garlic cloves from skillet to cutting board and cool, then chop finely.
- ☐ Discard thyme sprigs and all but 2 tablespoons oil from skillet.
- ☐ Add butter, onion, 1 tablespoon chopped thyme, minced garlic, and remaining bay leaf to same skillet; saut over medium heat until onion is soft, about 10 minutes.
- ☐ Add wine and Port and cook until almost evaporated, about 2 minutes.
- ☐ Add chopped gizzards and chicken livers and simmer 1 minute. Season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cool slightly. Cover and chill. Rewarm over medium heat just until warm before using.
- ☐ Preheat oven to 400F. Arrange baguette slices in single layer on baking sheet; brush tops lightly with olive oil. Toast in oven until pale golden, about 12 minutes. Cool. DO AHEAD: Baguette toasts can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Divide chicken liver mixture among crostini. Slice 2 to 3 pickled eggs into rounds. Top liver mixture on each baguette with 1 egg round and a few shallot rounds from pickling liquid.
- ☐ Sprinkle lightly with remaining 1/2 tablespoon chopped fresh thyme and serve.

Nutrition Facts



Properties

Glycemic Index:31.99, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:15.257391307665%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 259.78kcal (12.99%), Fat: 16.7g (25.69%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.79g (1.74%), Sugar: 2.15g (2.38%), Cholesterol: 194.78mg (64.93%), Sodium: 799.68mg (34.77%), Alcohol: 1.09g (100%), Alcohol %: 0.74% (100%), Protein: 17.99g (35.99%), Vitamin B12: 2.83µg (47.14%), Vitamin A: 1881.2IU (37.62%), Selenium: 25.34µg (36.2%), Vitamin B3: 5.89mg (29.44%), Vitamin B2: 0.48mg (28%), Folate: 105.39µg (26.35%), Vitamin B6: 0.42mg (21.21%), Phosphorus: 193.71mg (19.37%), Vitamin B5: 1.86mg (18.64%), Iron: 2.63mg (14.6%), Zinc: 1.58mg (10.53%), Vitamin B1: 0.13mg (8.33%), Vitamin C: 6.41mg (7.77%), Manganese: 0.15mg (7.61%), Potassium: 248.28mg (7.09%), Copper: 0.13mg (6.46%), Magnesium: 24.32mg (6.08%), Vitamin E: 0.87mg (5.82%), Vitamin D: 0.68µg (4.51%), Calcium: 36.53mg (3.65%), Vitamin K: 2.48µg (2.36%), Fiber: 0.54g (2.14%)