



Chicken Liver Mousse

READY IN



1500 min.

SERVINGS



8

CALORIES



199 kcal

Ingredients

- 1 leaves bay leaves fresh (preferably ; see cooks' note, below)
- 0.5 teaspoon pepper black
- 0.8 cup chicken livers trimmed
- 0.3 cup brandy
- 5 large egg yolk
- 0.3 cup flour all-purpose
- 1 garlic clove minced
- 0.3 teaspoon ground allspice
- 0.3 teaspoon nutmeg freshly grated
- 1 teaspoon olive oil

- 1.3 teaspoons salt
- 8 servings sea salt toasted
- 2 tablespoons shallots finely chopped
- 6 tablespoons butter unsalted
- 1 cup milk whole

Equipment

- frying pan
- sauce pan
- oven
- knife
- blender
- baking pan

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Cook shallot in oil in a 10-inch heavy skillet over moderate heat, stirring occasionally, until softened, about 4 minutes.
- Add garlic and cook, stirring, 1 minute.
- Remove from heat and carefully add Cognac (use caution; if Cognac ignites, shake skillet), then boil until reduced to about 2 tablespoons, 1 to 2 minutes.
- Transfer to a blender and add livers and yolks, then purée until smooth.
- Add milk, flour, salt, pepper, nutmeg, and allspice and blend until combined.
- Pour into crock, skimming off any foam.
- Put crock in a larger baking pan and bake in a water bath until mousse is just set and a small sharp knife inserted in center comes out clean, about 55 minutes.
- Melt butter in a small saucepan over low heat, then remove from heat and let stand 3 minutes.
- Arrange bay leaves decoratively on top of mousse. Skim froth from butter, then spoon enough clarified butter over mousse to cover its surface, leaving milky solids in bottom of saucepan.

- Chill mousse completely, uncovered, about 4 hours. Bring to room temperature about 1 hour before serving.
- Mousse can be made 5 days ahead and chilled, covered after 4 hours.· The bay leaves in this recipe are decorative. If fresh leaves are unavailable, use only 2 or 3 dried ones. Otherwise, the flavor they impart will be too strong. Don't eat them (fresh or dried), because they can be hard and sharp.

Nutrition Facts



■ **PROTEIN 15.95%**
 ■ **FAT 71.05%**
 ■ **CARBS 13%**

Properties

Glycemic Index:38.13, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:15.624347831892%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 199.49kcal (9.97%), Fat: 13.96g (21.48%), Saturated Fat: 7.42g (46.38%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.46g (1.99%), Sugar: 1.76g (1.96%), Cholesterol: 217.51mg (72.5%), Sodium: 591.4mg (25.71%), Alcohol: 3.34g (100%), Alcohol %: 4.56% (100%), Protein: 7.05g (14.1%), Vitamin B12: 4.07µg (67.79%), Vitamin A: 2931.08IU (58.62%), Folate: 154.57µg (38.64%), Vitamin B2: 0.52mg (30.44%), Selenium: 20.17µg (28.81%), Vitamin B5: 1.85mg (18.54%), Phosphorus: 147.87mg (14.79%), Iron: 2.59mg (14.38%), Vitamin B6: 0.26mg (13.16%), Vitamin B3: 2.44mg (12.21%), Vitamin B1: 0.14mg (9.19%), Vitamin D: 1.07µg (7.11%), Manganese: 0.14mg (6.86%), Zinc: 1.03mg (6.84%), Copper: 0.13mg (6.7%), Calcium: 60.18mg (6.02%), Vitamin C: 4.37mg (5.3%), Vitamin E: 0.77mg (5.1%), Potassium: 128.41mg (3.67%), Magnesium: 10.67mg (2.67%), Vitamin K: 1.44µg (1.38%), Fiber: 0.28g (1.14%)