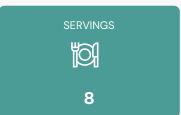


Chicken Liver Mousse

READY IN

1500 min.





Ingredients

1 teaspoon olive oil

1 leaves bay leaves fresh (preferably; see cooks' note, below)
O.5 teaspoon pepper black
0.8 cup chicken livers trimmed
0.3 cup brandy
5 large egg yolk
O.3 cup flour all-purpose
1 garlic clove minced
O.3 teaspoon ground allspice
0.3 teaspoon nutmeg freshly grated

	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.	

hard and sharp.
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
· Mousse can be made 5 days ahead and chilled, covered after 4 hours.· The bay leaves in this
Chill mousse completely, uncovered, about 4 hours. Bring to room temperature about 1 hour before serving.

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, 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%)