



Chicken Liver Mousse with Riesling-Thyme Gelée

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



506 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons calvados (apple brandy)
- ☐ 1 pound chicken livers cleaned
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 2 teaspoons kosher salt plus more
- ☐ 4 cups milk divided
- ☐ 0.8 cup mirin sweet (Auslese)
- ☐ 3 tablespoons shallots finely chopped

- ☐ 2 teaspoons sugar
- ☐ 3 sprigs thyme leaves
- ☐ 3 servings butter unsalted melted

Equipment

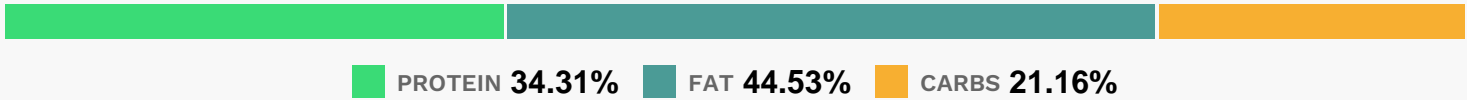
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ microwave
- ☐ spatula

Directions

- ☐ Mellow the flavor of the chicken livers by placing them in a glass bowl with 2 cups milk. Cover; chill for 2 hours.
- ☐ Drain; discard milk. Return livers to same bowl, add the remaining 2 cups milk, cover, and chill for 2 more hours (or overnight).
- ☐ Drain; discard milk and rinse livers. Pat dry with paper towels.
- ☐ Set a fine-mesh strainer over a medium bowl; set aside. Melt 2 tablespoons butter in a large skillet over medium-low heat.
- ☐ Add shallots and thyme and cook, stirring occasionally, until shallots are very soft, about 10 minutes.
- ☐ Add livers, increase heat to medium, and cook, turning once, until livers are firm but still pink inside, about 4 minutes.
- ☐ Remove pan from heat and stir in Calvados. Return to heat; cook until Calvados is reduced by half, about 30 seconds. Discard thyme.

- ☐ Transfer liver mixture to a food processor;add 2 teaspoons salt and pepper. Process untilsmooth. With processor running, addremaining butter by tablespoonfuls until allbutter is incorporated.
- ☐ Transfer mousse toprepared strainer. Using a rubber spatula,press mousse through strainer. Rinse anddry strainer, then strain mousse again,discarding solids in strainer. Divide amongsmall jars. Chill until firm, 1–2 hours.
- ☐ Place 1/4 cup water ina medium microwave–safe bowl.
- ☐ Sprinklegelatin over water and let stand untilsoftened, about 10 minutes. Microwavegelatin mixture until gelatin dissolves andmixture becomes clear, about 30 seconds.
- ☐ Add sugar; stir until dissolved. Stir in wine.
- ☐ Spoon gelée over mousse in jars, forminga 1/4" layer (not all gelée may be used).Top each jar with thyme sprigs or leaves,if desired. Cover with plastic wrap andrefrigerate until gelée is set, about 1 hour.DO AHEAD: Can be made 3 days ahead.Keep chilled.
- ☐ Preheat oven to 450°F. Arrange breadtriangles on a rimmed baking sheet.
- ☐ Brushwith melted butter.
- ☐ Bake until goldenbrown, about 5 minutes. DO AHEAD: Can bemade 1 day ahead. Store airtight at roomtemperature.
- ☐ Let mousse soften slightly at roomtemperature for 30 minutes before servingwith toasts.

Nutrition Facts



Properties

Glycemic Index:76.7, Glycemic Load:8.13, Inflammation Score:-10, Nutrition Score:52.668261160021%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 505.86kcal (25.29%), Fat: 21.82g (33.56%), Saturated Fat: 10.99g (68.72%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 22.79g (8.29%), Sugar: 19.1g (21.22%), Cholesterol: 571.42mg (190.47%), Sodium: 1785.94mg (77.65%), Alcohol: 9.04g (100%), Alcohol %: 2.01% (100%), Protein: 37.82g (75.64%), Vitamin B12: 26.83µg (447.23%), Vitamin A: 17451.38IU (349.03%), Folate: 893.5µg (223.37%), Vitamin B2: 3.15mg (185.31%),

Selenium: 89.47µg (127.81%), Vitamin B5: 10.68mg (106.83%), Phosphorus: 787.35mg (78.73%), Iron: 13.95mg (77.52%), Vitamin B6: 1.53mg (76.37%), Vitamin B3: 15.1mg (75.48%), Vitamin B1: 0.65mg (43.42%), Calcium: 424.4mg (42.44%), Copper: 0.8mg (39.95%), Zinc: 5.45mg (36.32%), Vitamin C: 29.47mg (35.72%), Potassium: 881.66mg (25.19%), Manganese: 0.5mg (24.75%), Vitamin D: 3.65µg (24.36%), Magnesium: 72.47mg (18.12%), Vitamin E: 1.34mg (8.96%), Fiber: 0.54g (2.18%), Vitamin K: 1.95µg (1.86%)