



Chicken liver parfait with apple & saffron chutney

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



537 kcal

Ingredients

- ☐ 300 g chicken livers fresh
- ☐ 200 ml milk
- ☐ 3 egg yolk
- ☐ 75 g butter cut into large cubes
- ☐ 2 tsp sea salt
- ☐ 3 tbsp olive oil
- ☐ 2 shallots thinly sliced
- ☐ 1 bay leaves

- ☐ 3 sprigs thyme leaves
- ☐ 1 sprig rosemary roughly chopped
- ☐ 1 tbsp peppercorns white crushed
- ☐ 5 tbsp cognac
- ☐ 150 ml port wine
- ☐ 150 ml madeira wine
- ☐ 200 g butter unsalted
- ☐ 1 pinch nutmeg grated
- ☐ 1 sprig rosemary chopped
- ☐ 3 large sprigs thyme leaves
- ☐ 2 shallots finely chopped
- ☐ 1 piece ginger fresh peeled finely chopped
- ☐ 1 large pinch saffron threads
- ☐ 100 g sugar
- ☐ 5 tbsp balsamic vinegar white
- ☐ 2 apples cored peeled chopped

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Soak the livers overnight in milk to remove any bitterness.
- ☐ Drain well in a colander. To make the reduction, heat the oil in a saut pan and fry shallots, herbs and peppercorns for 3–5 mins until the shallots are starting to soften.
- ☐ Add the Cognac and carefully flamb by tipping the pan towards the flame, or use a match.
- ☐ Once the flames have subsided, boil the Cognac for a few secs until it reduces down to a couple of tbsp.
- ☐ Add the port and madeira together and boil again for about 10 mins, or until reduced by two thirds. Leave to cool slightly so its not piping hot.
- ☐ Add the livers, eggs, egg yolks and butter into the reduction and stir gently. Once the butter has almost melted, add the salt and some freshly ground black pepper.
- ☐ Transfer to a blender and blitz for 2 mins or until smooth, scraping the sides down. Strain into a jug; rub the mix against the sieve with the back of a ladle. Discard any sinewy bits left behind.
- ☐ Check seasoning, then pour into eight 100ml ovenproof ramekins.
- ☐ Heat the oven to 110C/fan 90C/gas . Line a heatproof pan with four layers of kitchen towel and sit the ramekins on top.
- ☐ Pour very hot, but not boiling, water into the pan
- ☐ Test if the parfaits are ready by tilting one of them to the side the parfait mix should just bulge slightly at the edge of the ramekin and gently wobble in the middle when shaken gently. (Dont forget that it will keep on cooking as it cools.)
- ☐ Remove the ramekins from the pan, cool then chill for at least 4 hrs or until set.
- ☐ Seal the parfaits with butter. Melt the butter in a pan but do not let boil.
- ☐ Whisk in the nutmeg, rosemary and half the thyme leaves. Taste butter for seasoning, then spoon over the parfait tops, sprinkle with the reserved thyme to decorate and return to the fridge to set. Will keep in the fridge for up to 3 days.
- ☐ Heat the oil in a frying pan and add the shallots, ginger and a good pinch of sea salt, then fry for 3 mins. Crumble in the saffron, sprinkle in the sugar and carry on cooking for few mins until the sugar melts and starts to caramelise, stirring all the time.
- ☐ Tip in the vinegar and apples, then cook for 5 mins until the apples are just softened and coated in a syrupy sauce. Cool and serve. Can be spooned into an airtight container and kept in the fridge for up to 2 weeks.

Nutrition Facts

PROTEIN 7.55% FAT 69.18% CARBS 23.27%

Properties

Glycemic Index:93.39, Glycemic Load:12.52, Inflammation Score:-10, Nutrition Score:25.228695641393%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Malvidin: 18.05mg, Malvidin: 18.05mg, Malvidin: 18.05mg, Malvidin: 18.05mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.97mg, Epicatechin: 4.97mg, Epicatechin: 4.97mg, Epicatechin: 4.97mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 537.37kcal (26.87%), Fat: 37.8g (58.15%), Saturated Fat: 20.17g (126.05%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 26.63g (9.68%), Sugar: 22.71g (25.23%), Cholesterol: 279.28mg (93.09%), Sodium: 691.78mg (30.08%), Alcohol: 8g (100%), Alcohol %: 4.19% (100%), Protein: 9.28g (18.57%), Vitamin B12: 6.55µg (109.11%), Vitamin A: 5221.64IU (104.43%), Folate: 238.04µg (59.51%), Vitamin B2: 0.78mg (45.84%), Selenium: 25.5µg (36.43%), Vitamin B5: 2.77mg (27.74%), Iron: 4.26mg (23.64%), Vitamin B6: 0.44mg (22.01%), Manganese: 0.4mg (19.83%), Phosphorus: 195.29mg (19.53%), Vitamin B3: 3.86mg (19.28%), Vitamin E: 2.11mg (14.03%), Vitamin C: 11.08mg (13.43%), Copper: 0.26mg (12.84%), Vitamin B1: 0.17mg (11.01%), Zinc: 1.45mg (9.65%), Potassium: 299.44mg (8.56%), Vitamin K: 8.92µg (8.49%), Fiber: 1.97g (7.88%), Calcium: 74.87mg (7.49%), Vitamin D: 1.02µg (6.82%), Magnesium: 25mg (6.25%)