



## Velvety duck liver parfait

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

### Ingredients

- ☐ 250 g butter diced softened
- ☐ 2 shallots finely sliced
- ☐ 1 garlic clove sliced
- ☐ 1 tablespoon brandy
- ☐ 1 tbsp tomato purée
- ☐ 100 g butter
- ☐ 1 tbsp thyme leaves
- ☐ 1 tsp peppercorns black
- ☐ 6 servings buttered toast
- ☐ 600 g chicken livers

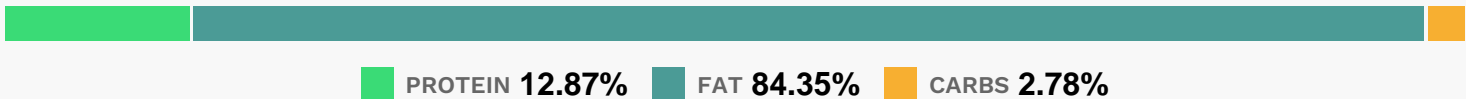
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ microwave

# Directions

- ☐ Cut away and discard any large sinews from the livers, then set the livers aside.
- ☐ Heat about a third of the butter in a large frying pan, then gently fry the shallots and garlic for 3-4 mins until soft. Turn up the heat, add the livers, then fry until just browned on all sides.
- ☐ Add the brandy and port, boil down as quickly as possible if the sauce catches light for an instant, then all the better.
- ☐ Remove the pan from the heat and leave to cool completely.
- ☐ Season the livers generously, then tip the contents of the pan into a food processor with the tomato pure and remaining butter, and blitz until smooth. Push the mixture through a fine sieve into a bowl, taste for seasoning, then tip into a serving dish, banging the dish down on the tabletop to smooth out the surface.
- ☐ Place in the fridge to set.
- ☐ Once the mixture has set, make the topping. Gently melt the butter in a small pan or in a bowl in the microwave, then leave for a min to settle and separate.
- ☐ Pour the yellow butter that has risen to the top into another bowl and discard the milky liquid. Leave the yellow butter to cool slightly, then mix in the thyme and peppercorns.
- ☐ Pour the mixture over the parfait and leave to set in the fridge.
- ☐ Serve with plenty of toast, sliced gherkins and chutney. Will keep for 2 days in the fridge.

# Nutrition Facts



# Properties

Glycemic Index:42, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:38.061739071556%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 556.73kcal (27.84%), Fat: 52.24g (80.37%), Saturated Fat: 31.57g (197.32%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.88g (0.97%), Cholesterol: 470.43mg (156.81%), Sodium: 454.11mg (19.74%), Alcohol: 0.83g (100%), Alcohol %: 0.6% (100%), Protein: 17.93g (35.86%), Vitamin B12: 16.68µg (277.99%), Vitamin A: 12609.17IU (252.18%), Folate: 594.58µg (148.65%), Vitamin B2: 1.81mg (106.62%), Selenium: 55.72µg (79.6%), Vitamin B5: 6.35mg (63.54%), Iron: 9.47mg (52.59%), Vitamin B3: 9.88mg (49.41%), Vitamin B6: 0.9mg (45%), Phosphorus: 321.36mg (32.14%), Copper: 0.53mg (26.33%), Vitamin C: 20.87mg (25.3%), Vitamin B1: 0.32mg (21.35%), Manganese: 0.41mg (20.52%), Zinc: 2.81mg (18.73%), Vitamin E: 2.12mg (14.13%), Potassium: 303.76mg (8.68%), Magnesium: 26.04mg (6.51%), Vitamin K: 5.48µg (5.22%), Calcium: 35.63mg (3.56%), Fiber: 0.7g (2.81%)