

Miele

Chicken liver parfait

By Miele

30 minutes, plus soaking and refrigeration time

Preparation time

40 minutes

Cooking time

Makes 40 canapés

Serves



INGREDIENTS

Parfait

300 g chicken livers
Milk, to soak the livers
30 g butter
3 shallots (approximately 70 g), thinly sliced
2 tbsp tarragon leaves
125 ml (½ cup) Tawny port
60 ml (¼ cup) brandy
2 egg yolks
1 tsp ground allspice
½ tsp ground nutmeg
1 tsp salt flakes, or to taste
170 g butter, extra, at room temperature
250 ml (1 cup) cream

To serve

Wattleseed crackers or alternative cracker
Homemade or store-bought onion jam
Cornichons, caper berries or other pickles

METHOD

Parfait

1. Rinse the livers under cold water and drain. Place in a bowl and cover with milk. Refrigerate for at least 2 hours or overnight. Strain and discard the milk (this removes bitterness). Remove any connective tissue and discard.
2. In a small saucepan, melt the butter over low heat, induction setting 3. Add the shallots and cook, stirring, until soft and translucent.
3. Add the tarragon, Tawny port and Brandy to the shallot mixture. Increase the heat to medium-high, induction setting 7. Bring the mixture to the boil then reduce on medium-low heat, induction setting 4 until thick and syrupy. Remove from the heat and cool for 5 minutes.
4. Combine the livers, yolks, spices, salt and shallot mixture in a food processor and blend until smooth.
5. Add the extra butter and blend until smooth. Strain the parfait through a fine sieve over a bowl and discard any solids. Stir in the cream.
6. Pour the mixture into sterilised preserving jars and loosely close the lids. Steam the jars at 85°C for 25 minutes, or until cooked through. To check if the mixture is cooked, insert a toothpick into the centre and it should come out clean.
7. Cool the parfait before placing into the fridge overnight.

To serve

1. Serve the parfait with crackers, onion jam and pickles.

Alternative appliance method

Combi steam Pro oven

- Select Combi mode: Conventional at 110°C + 60% moisture. Cook for 20-30 minutes or until set.

Hints and tips

- This recipe was tested using 3 x wide mouth jars that hold approximately 300 ml each.
- Sterilise the jars using the 'disinfect items' function in Miele steam ovens. Alternatively, place the bottles upside down in the steam oven and Steam at 100°C for 10 minutes.
- Parfait is different to a pate. Parfait texture is usually smoother, and the mixture is steamed. Whereas a pate is usually cooked on a cooktop, blended and set.