
KITCHEN CONNAISSEUR

Chicken Liver Parfait with Sun Dried Cherry and Apricot Sauce



Recipe by Mike Boyd

ingredients

CHICKEN LIVER PARFAIT

50 ml	Red wine
50 ml	Ice wine
2 pinches	Herbs from Provence
3	Shallots, diced
250 g	Chicken livers
3	Eggs
1 tsp	Salt
1/4 tsp	Black pepper
240 g	Butter

SUN DRIED CHERRY AND APRICOT SAUCE

2	Shallots, minced
1/2 clove	Garlic, minced
4	Dried apricots, diced
1/3 cup	Sun Dried Cherry Sauce
2 Tbsp	Brown sugar
2 pinches	Salt
2 Tbsp	Sherry vinegar
2 tsp	Red wine

instructions

Chicken Liver Parfait

1. Preheat oven to 150 C
2. Sweat onions in small sauté pan with oil and Herbs, being careful not to brown them
3. Add wine and reduce to one quarter
4. Melt butter but do not over heat
5. In a blender, combine liver, eggs, salt, and pepper.
6. While blender is running add wine and shallot mixture, and slowly pour in melted

butter. Mixture should be well combined.

7. Strain mixture through a fine mesh strainer

8. Place mixture in a small bread pan or terrine mold

9. Place in a bain marie, remember to use warm water in your lining pan. Place everything in for roughly 45 min, or until parfait is set (tap pan and if mixture stops jiggling it is set) Cooking times will vary based on the size of the pan you use.

A bain marie is a large tray or pan of water in which your small bread pan or terrine mould will sit and cook in, the water will allow the parfait to cook slowly and evenly. The water level of the bain marie should never reach more than half way up the parfait pan,

10. Let cool, and serve in scoops or very delicate slices, topped with Sun Dried Cherry and Apricot Sauce.

Sun Dried Cherry and Apricot Sauce

1. Sweat shallots, garlic and apricots together

2. Add remaining ingredients, bring to a simmer uncovered for 5 min

3. Mixture will thicken as it cools, serve room temperature