

CHICKEN LIVER PATE

EQUIPMENT

BLENDER, SCALES, KNIFE, FINE MESH SIEVE, POURING JUG, SMALL SAUCEPAN, THERMOMETER, PALLET OR PATE KNIFE

INGREDIENTS

400GM CLEANED CHICKEN LIVER, 160GM DUCK FAT, 1 SLICED SHALLOT, 100GM PORT, 80GM BUTTER, SALT AND WHITE PEPPER

METHOD

PLACE SHALLOTS IN A SMALL SAUCEPAN WITH PORT AND REDUCE BY 2/3

PLACE LIVERS IN BLENDER SEASON WITH SALT AND PEPPER AND STRAIN IN REMAINING PORT. DISCARD THE SHALLOTS

PLACE DUCK FAT IN A POT AND HEAT OVER LOW TEMPERATURE UNTIL YOU REACH 70 DEGREES, CHECK WITH YOUR THERMOMETER

BEGIN BLENDING THE LIVERS ONCE LIQUEFIED POUR IN THE DUCK FAT IN A STEADY STREAM WHILE BLENDING

CHECK THE SEASONING AND ADJUST IF REQUIRED, PASS THE MIX THROUGH THE SIEVE AND INTO A JUG

FILL RAMEKINS LEAVING A 2CM GAP AT THE TOP, COVER WITH CLING FILM AND LIDS, PLACE ON A PERFORATED TRAY

PLACE IN PRE-HEATED OVEN STEAM SETTING 70 DEGREES FOR 50 MINS

ONCE COOKED REMOVE CLING FILM AND CHILL FOR 2 HOURS

MELT BUTTER IN A SMALL POT OVER LOW HEAT

REMOVE PATE FROM THE FRIDGE AND SCRAPE AWAY THE OXIDISED SURFACE

POUR OVER MELTED BUTTER AND CHILL AGAIN FOR 2 HOURS

SERVE WITH TOAST, CRACKERS OR CROUTONS

HINTS & TIPS

- THE BUTTER ON THE TOP OF THE PATE PREVENTS IT FROM OXIDIZING, YOU CAN ALSO TOP WITH A THIN LAYER OF DUCK FAT OR EVEN A FLAVOURED JELLY
- THE SAME RECIPE CAN BE ADAPTED FOR DUCK LIVERS
- COOKING AT THE RELATIVELY LOW TEMPERATURE WILL PREVENT THE LIVER FROM OVER COOKING, GOING GREY AND GRAINY