

Port wine chicken liver mousse

Recipe for 4

Description

Excellent for the apero, this creamy and tasteful recipe will give your tastebuds a run for its money!

Note

The single most important step in this recipe is to make sure the livers aren't overcooked! The only thing you need is for them to be very well coloured, like a steak, have some good coloration on them then stop the cooking right away!

Ingredients

Mousse

- 200 Gr Chicken liver
- 1 Unit(s) French shallot
- 2 Sprig(s) Thyme
- 50 Ml Cognac
- 4 Gr Salt
- 1 Gr Nutmeg
- 50 Ml Cream 35%
- 100 Gr Unsalted butter

Port jelly

- 150 Ml Port wine
- 20 Ml Honey
- 4 Gr Gelatin

Preparation

- Preparation time **30 mins**

Port Jelly

At medium heat, bring the port wine's temperature up (40c to be precise) and blaze away! Off the heat, very important, add up the honey and the now soft gelatine sheets. Gently sieve, once again to bring the temperature down for the gelatine to stick and pour it on top of the mousse that you molded, at least 2 hours beforehand.

Mousse

Very high heat, if possible an old fashioned cast iron pan, a nice an even coloration on every liver with a little butter. As soon as the livers are well coloured, and what we call rosés (58c) in the kitchen, put them on a pan to cool them down and stop the cooking. In the same pan, throw in the shallot and the thyme, make sure they are very soft before you flambé them. Chicken livers in and everything in a robot mix until the blend is very soft and uni-coloured! Mold the mixture.

Mise-en-place

Clean the livers by removing any white membrane. Chop down the shallot and the thyme. Cover the gelatine sheets in cold water.

Bon appétit!