

DUCK FOIE ROYALE AND CHICKEN LIVER PARFAIT

By Chef Dan Moon

Foie Royale



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INGREDIENTS

- 250g Foie Royale duck
- 250g chicken livers
- 6 chicken Eggs, room temperature
- 400g butter, chilled
- 125g banana shallots, diced
- 2 cloves of garlic, Micro planed
- 2 glasses of red wine
- 1 glass of Madeira
- 10ml sherry vinegar
- ½ bunch of thyme
- 15g salt
- White pepper

METHOD

Soak the chicken livers overnight in milk.

Place shallots garlic in a pan with red wine, Madeira, sherry vinegar, thyme, and season with salt. Place on a medium heat and reduce to a syrup.

Preheat oven to 270°F/180°C.

Melt the chilled butter, then place the Foie Royale, chicken livers and wine reduction into a blender and begin blending on medium speed. Add the eggs (make sure they are in room temperature), one at a time until incorporated.

Slowly drizzle in the warm, melted butter. Pass through a chinois, then season with salt and white pepper.

Line a terrine with parchment,

pour in the liver mixture, and cover with another piece of parchment cut to fit the top. Place a towel in the bottom of a deep roasting tray, place the terrine on the towel, then pour in hot water until it reaches two-thirds of the way up the side of the terrine mould. Cover deep roasting tray with tin foil, seal tightly, then poke several holes in the top. Cook until the internal temperature reaches 73.9°C. The edges should be set but the centre should remain slightly "wobbly." Remove the terrine from the water bath and allow to cool for 10 mins then put in the fridge to set over night. Ready to slice when needed to serve.

GRANOLA

INGREDIENTS

- 300g oats
- 50g pumpkin seeds
- 50g sunflower seeds
- 125g maple syrup
- 4 tbsp honey
- 3g vanilla paste
- 150g flaked almonds
- 75g desiccated coconut
- 100g dried cranberries

METHOD

Put oats, pumpkin seeds, sunflower seeds, maple syrup, honey and vanilla in a bowl and mix together.

Place on a tray and bake at 140°C, stirring every 10 mins until golden brown.

Separately toast almonds and coconut, then mix into the toasted oat mix.

Add cranberries, then tub when chilled.

TO PLATE

Cut parfait as thick as you would like, recommend thumb thickness. Then spoon on granola. Cut some fresh berries. And finish with some fresh herbs and baby cresses. Recommend serving with raspberries, blackberries, blueberries, baby basil, green and purple, baby rocket.