



Chicken Liver Parfait with French Bread

(A good source of iron)

Ingredients

325g unsalted butter, melted and cooled slightly, plus a little extra for greasing
500g chickens' liver, trimmed
1 garlic clove, crushed
2 tbsp. brandy
Tiny pinch each of ground nutmeg, cloves, cinnamon and allspice
1 baguette, sliced and toasted, to serve



Method

Preheat the oven to 110°C/fan 90°C/gas ¼. Grease 8 x 100ml ramekins with melted butter, then set aside.

Put the liver, garlic, brandy and spices into a food processor. Season with white pepper and 1 teaspoon salt and blend for 1 minute. With the machine still running, add 225g melted butter and blend for a few seconds. Press through a fine sieve into a bowl.

Divide the mixture among the ramekins and cover with buttered foil. Put in a small roasting tin and pour in hot water to come halfway up the sides of the ramekins. Cook for 45 minutes or until just set. Remove from the tin and cool.

Remove the foil and cover each ramekin with cling film. Chill overnight.

Slowly melt the remaining butter in a small pan. Remove from the heat set aside for 10 minutes, then pour away the clear butter, leaving just the sediment. Pour a thin film over each parfait and chill until set. Serve with the toast and some onion marmalade.

Wine Recommendation

A luscious pudding win, well-chilled. Try Sauternes or a good value option, Monbazillac.

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