

Profiteroles with chicken liver parfait

By Michael Meredith

12 hours

Prep time

1 hour

Cooking time

30 Servings

Serves



INGREDIENTS

Choux pastry

150ml water
150ml milk
80g butter
160g chick pea flour
200g eggs
100g dark chocolate 70%

Chicken liver parfait

500g chicken liver, cleaned, trimmed and soaked in milk overnight
15g flakey sea salt
3 garlic cloves, roasted
180g butter, melted
1 egg
60ml port
150ml sweet wine
10g sugar
1 bay leaf
Sprig of thyme

METHOD

Choux pastry

1. Place water, milk and butter in a saucepan on medium heat, Induction setting 6, and heat to just below boiling.
2. Remove from the heat and add the flour, using a wooden spoon beat until well combined.
3. Return the pan to a medium heat, Induction setting 4 and cook stirring until the mixture forms a ball and comes away cleanly from the sides.
4. Place the mixture into the bowl of an electric mixer and beat on medium speed until cooled (approximately 5 minutes).
5. Slowly add the eggs, one at a time, to avoid the mix becoming too wet. Increase the speed whilst continuing to add the eggs.
6. When half way through, scrape the side of the bowl, before adding the remaining eggs, beating well until thick and glossy.
7. Place the choux mixture into a piping bag with a plain, size 12 nozzle.
8. Pipe 5cm size profiteroles onto the baking tray.
9. Select Moisture Plus 170°C, automatic burst of steam, duration 25 minutes.
10. Once cooked, remove from oven immediately and with a small knife, cut small holes in the bottom of the profiterole to create a hole for the parfait.
11. Place on a wire rack and leave to cool.

Chicken liver parfait

1. Place chicken livers in a sieve and drain off the milk.
2. Place the port, sweet wine, sugar, bay leaf and thyme in a saucepan on high heat, Induction setting 8, and reduce to a syrupy consistency. This takes approximately 10 minutes.
3. Reduce the heat to setting 3 then add the butter and melt.
4. Strain the wine mixture.
5. Place the livers, garlic and salt into a blender and blend until smooth. Slowly add the melted butter and port mixture until fully blended. Finally add the egg and blend.
6. Pass the mixture through a sieve. Use a spatula if necessary to push any coarse bits through the sieve. This will ensure a smooth parfait.
7. Pour the parfait mixture into a 2 litre solid steam tray. Cover with foil and Steam at 80°C for 30 minutes.
8. Remove from the steam oven and place in the refrigerator to cool.
9. Once cool, scrape into the bowl of an electric mixer and beat until smooth. This process can also be done by hand.
10. Place the chocolate into a pan and melt on a low heat, Induction setting 1.

To serve

1. Dip the top of the profiterole in the chocolate and put aside to set.
2. Once the chocolate is completely set, place the parfait mixture into a piping bag with a plain size 2 nozzle and pipe into the profiteroles.

Hints and tips

- Duck livers can be substituted for chicken livers.
- Additional aromats can be added to the recipe, such as shallots.