



Miele

Pheasant Liver Parfait

By Anastasia Dimopoulos

20 minutes

Prep time

30 minutes

Cooking time

40 canapés

Serves

INGREDIENTS

500 gram pheasant livers (chicken or duck livers are fine if you can't find pheasant)

4 egg yolks

1 teaspoon brandy

1 tablespoon Calvados

½ tablespoon salt

1 teaspoon allspice

½ teaspoon freshly grated nutmeg

170g butter, cut into 2cm squares

255ml cream

To serve:

brioche, red onion marmalade and pickles

METHOD

1. Allow all the ingredients to come to room temperature.
2. Combine all the ingredients, except for the butter and cream, in a food processor and blend until smooth.
3. Add the butter one piece at a time until it's incorporated. Pass through a fine strainer into a mixing bowl and stir in the cream.
4. Pour the mix into a medium solid steam tray lined with cling film. Cover with foil and Steam at 80°C for 30 minutes. It's cooked when you poke a toothpick into the centre and it comes out clean. It should have the slightest wobble when agitated, like a crème brûlée.
5. Remove the parfait from the steam oven and allow it to cool. When the parfait is at room temperature put it in the fridge and leave overnight.

To serve:

1. Spread the parfait on to warm brioche as an entrée. Garnish with red onion marmalade and pickles to balance the richness.