

CHICKEN LIVER PARFAIT

Combine Bourbon, maple syrup, shallots, peppercorns and thyme in a small saucepan and heat until reduced by half.

Put the warm reduction and the chicken livers in a blender and process. Add the eggs one by one and blend until smooth. Continue blending while slowly pouring in the melted butter.

Heat the oven to 160°C. Push the mixture through a fine-mesh sieve and divide it between 4 ramekins. Place them in a shallow oven tray and pour hot water into the tray to reach halfway up the outside of the ramekins. Bake for about 1 hour. Allow the parfait to cool and then chill in the fridge.

Serves 4

20 ml Bourbon
20 ml maple syrup
2 shallots, chopped
2,5 ml black peppercorns
1 thyme sprig
200 g chicken livers
2 eggs
200 g butter, melted

SEED CRACKERS

Preheat the oven to 150°C and line a baking tray with baking paper.

Mix together seeds and flour. In a separate bowl, mix together salt, oil and water. Combine everything and mix well.

Spread the mixture out thinly on the baking tray and sprinkle Maldon salt on top. Bake for 5 minutes, remove and quickly slice into squares. Place the tray back in the oven and bake for a further 20 minutes or until golden brown. Remove the tray from the oven and allow to cool. Serve with the Chicken liver parfait or other dips. Store extra crackers in an airtight container.

Makes 12-15 crackers

55 g sesame seeds
55 g sunflower seeds
35 g linseeds (or flaxseeds)
110 g cake wheat
2,5 ml fine salt
50 ml oil
200 ml warm water
Maldon salt for sprinkling

