

The Perfect Parfait

RECIPE
CORNER

This issue's recipe is a great dish to share with friends over the festive season - especially as it's one that can be made in advance, allowing you time to actually talk to your friends rather than being stuck in the kitchen. It's also very quick for such a tasty dish - so don't be put off by the fresh chicken livers. If you have not tried it before give it a go.



Chicken Liver Parfait - a great Christmas starter for 12-15 people

Ingredients:

- 1 kilo fresh chicken livers
- 500g smoked back bacon
- 225g unsalted butter (plus 1/2 a block of butter for topping)
- 2 medium red onions
- 5 bay leaves
- Fresh thyme
- 1/2 glass red wine
- 1 measure of port
- 1 measure of brandy
- Pepper

Method - Thyme Butter

- 1** Melt butter and pass through a muslin.
- 1** Add fresh chopped thyme

Method - Parfait

- 1** Slice onion and put in a large cooking pot with 225g butter, bay leaf and thyme, on a low heat so as not to brown the onions.
- 2** Chop the bacon into small pieces.
- 3** After 4 minutes add the chicken livers, chopped bacon, port, brandy, wine and a pinch of pepper.
- 4** Cover and keep on a low heat for 20 minutes.
- 5** Bring all ingredients up to the boil and then, using a hand held blender, blitz until smooth.
- 6** Pass through a fine mesh sieve



with a wooden spoon to remove herbs.

- 7** Put the smooth parfait into individual cling filmed ramekins.
- 8** Tap the ramekins to remove any trapped air.
- 9** Refrigerate for 10 minutes and then top with Thyme butter.
- 10** Chill for a few hours.
- 11** To serve, turn out from mould and serve with crusty bread and salad.

And if you prefer to be treated why not let The Harbour View cook for you? Their pre-Christmas* menus are priced at 2 courses for £22.95 or 3 courses for £27.95, and there is lots of choice. To start - Chestnut, Bacon & Parsnip Soup, Prawn & salmon cocktail, Deep Fried Goats Cheese or a Duck Liver Pate with mulled port. Main courses include

Roast Turkey, Roast Beef, Salmon en Croute and a Christmas vegetarian tart. Finally, if there is still room, why not try Brandy flavoured luxury Christmas pudding topped with brandy sauce, Christmas Mess, Black forest Cheesecake, Baileys & White chocolate torte, or a Cheeseboard with red onion marmalade? Whether you cook or dine with us, we wish you a Happy Christmas from all at Harbour View. ** Minimum of 12 guests, a 50% deposit taken at time of booking.*

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Lunch and dinner Wednesday-Sunday (Sunday until 5pm)