



Chicken Liver Mousse

Nickel & Nickel C.C. Ranch Cabernet Sauvignon, Rutherford, Napa Valley

by Executive Chef Trevor Eliason

This is a simple and delicious way to prepare chicken livers. It also makes a great appetizer for a party. We served this at our 2011 Cabernet Day event last August atop fresh baguette slices from the local Bouchon Bakery and a touch of cherry-onion jam. Delicious!

Ingredients

- 1 pound fresh chicken livers
- ½ cup butter, room temperature
- 1 tablespoon grapeseed oil
- Salt and pepper, to taste
- ¼ cup shallots, diced
- 1 bunch thyme sprigs
- ½ cup brandy
- ¼ cup crème fraîche

METHOD

Remove the chicken livers from their packaging and lay them out on paper towels to absorb any excess moisture. Check to make sure the room-temperature butter has a spreadable texture. In a medium size sauté pan, heat the grapeseed oil. Cook the chicken livers in batches, as to not overcrowd the pan. Add the chicken livers and season with salt and pepper. Add the diced shallots and a few thyme sprigs. Sauté the livers until they are slightly caramelized, and then deglaze with brandy. Remove the livers and place on a plate to cool, reserving the cooking liquid that may be left in the pan, but discarding the thyme sprigs. Continue this process until all livers are cooked. Purée the livers in a food processor until it has the consistency of thick yogurt, adding the remaining cooking liquid if needed. Add additional salt if desired. Strain the purée through a fine mesh strainer, pushing the purée through with the bottom of a ladle or a rubber spatula and set aside.

Whip crème fraîche in a Kitchen Aid mixer until peaks form and set aside.

To complete the mousse, place the chicken liver purée in a large bowl and emulsify the mixture by whisking the butter into the chicken liver purée. With a rubber spatula, fold in the whipped crème fraîche. Cut up a baguette and sample your masterpiece along with a glass of Nickel & Nickel C.C. Ranch Cabernet Sauvignon!

Serves 12