



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKEN LIVER MOUSSE

Time: 60 minutes

Serves: 8

Ingredients:

30g EVOO
200g onion - diced
5 sprigs thyme
2 sprigs oregano
1 spring rosemary
400g chicken livers
60g brandy
5g salt
1g pepper
150g heavy (35%) cream

Preparation:

Place a frying pan on medium heat and add the oil.

When the oil is hot, add the onion, thyme, oregano and rosemary, stirring occasionally for five minutes. Discard the herbs and set the onions aside.

Add the chicken livers to the same pan, stirring occasionally for five minutes.

Turn the heat to high, add the brandy and stir occasionally for two minutes. Remove from heat and let cool.

Place the onion and livers in a food processor along with the salt and pepper. Turn on food processor and slowly drizzle in cream. Process until very smooth.

Refrigerate until set and serve within five days.

Nutritional Information Per Serving:

Calories: 181
Fat: 13g
Carbs: 3g
Fibre: 0.4g
Protein: 9g