

foie de volaille

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original post for this recipe located at
<http://massiveunderstatement.com/?p=8663>

ingredients

- 450 grams chicken livers, lobes separated and trimmed of excess fat
- whole milk to soak livers
- butter, fat, or oil to cook livers
- salt and pepper

- 6 to 8 cloves garlic, thinly sliced
- 2 bunches green onions (7 to 8 each bunch), white and light green parts thinly sliced
- 60 ml olive oil
- 60 ml balsamic vinegar
- 60 ml red wine
- 15 ml brown sugar
- 5 ml dried rosemary, crumbled
- 2.5 ml dried thyme, crumbled
- salt and pepper to taste

- toasted baguette slices or crostini

directions

Drain livers and put into glass or ceramic bowl with enough milk to cover. Cover with plastic wrap and soak livers in milk overnight in refrigerator.

When ready to cook, drain livers thoroughly. Lay paper towels in a shallow baking pan and place livers on top to dry them further. Cover with additional layers of paper towels. Set aside.

Heat olive oil in skillet over medium-high heat. When oil is hot, add garlic and green onions and stir. Reduce heat to medium. Sauté, stirring, until tender but not browned, about 8 to 10 minutes.

Add balsamic vinegar, red wine, and brown sugar, rosemary, and thyme to skillet and stir well. Reduce heat to medium-low and simmer sauce to reduce by about one-third. Add salt and pepper to taste. Reduce heat to lowest setting to keep relish warm.

In another pan, heat ¼ inch oil or fat over medium-high heat until hot.

Pat livers dry one more time and light season with salt and pepper. Carefully slide livers into hot oil, taking care not to overcrowd pan. Cook 1 to 1-1/2 minutes per side, turning livers over with tongs. Do not overcook livers. When all livers are cooked, allow them to rest for 5 minutes. Dice livers into ¼-inch dice.

Fold diced livers into warm relish. If desired, you may cook livers to further doneness by increasing heat to medium-low and stirring until livers are as you like them.

Serve on lightly toasted baguette slices brushed with good-quality olive oil, or crostini.