

THE STELLENBOSCH COLLECTION

DUCK LIVER PARFAIT

BY CHEF FABIO DANIEL



- 1 Onion
- 1 Garlic Clove
- 15ml Olive Oil
- 50ml Brandy
- 25ml Port
- 500g Duck Liver
- 5ml Pink Salt
- 500g Butter
- 6 Eggs
- 10 Sprigs Thyme

Peel and finely chop the onion and garlic. Pick 4 sprigs of thyme, place in a non-stick frying pan, and heat on medium with the olive oil. Cook for 5-10 minutes, occasionally stirring until lightly golden. Add the brandy and port and continue to cook until the liquid has reduced completely. Set the pan aside and allow the onion mixture to cool.

Add the duck livers and onions to a food processor, season well with salt and pepper, and blend until smooth. Meanwhile, melt the butter in the pan, add the remaining thyme, and fry until the butter is golden. Strain the butter through a fine sieve and add it to the food processor at low speed. Add the eggs and blend thoroughly.

Pass the mixture through a fine sieve and into a lined baking tin. Preheat the oven to 150°C. Bake the parfait in a water bath for 13 - 15 minutes or until firm to the touch. Once cooked, remove the parfait from the oven, chill, and then refrigerate for at least 2 hours before serving. Spread the parfait over freshly baked baguette, then enjoy!