

Duck Liver Terrine
Chef William Merelle

Ingredients:

1 lb fresh duck livers
6 tbsp rendered duck fat (see below)
1 cup coarsely chopped onion
2 tsp salt
1/2 tsp ground pepper
1 cup white wine
1 cup chicken stock
2 oz cognac
2 oz duck fat
Toasted rye or pumpernickel bread and cornichons

Directions:

Rinse the livers and pat dry with a kitchen towel. Clean the livers by trimming and discarding any visible fat, green parts, or membrane. Set the livers aside.

In a large sauté pan, over medium heat, heat 2 tbsp of the duck fat and add the onions. Cook, stirring occasionally, until golden brown, about 10 to 12 minutes. Transfer the onions to a plate with a spoon. Wipe off the pan.

Spread the livers out in a single layer on a sheet pan and season with salt and pepper. Raise the heat to high, add 2 tablespoons of the fat to the pan and when the fat begins to shimmer, lay the livers in the pan in a single layer. Cook the livers, flipping once, until browned, about 2 to 2 1/2 minutes per side. Add the onions to the livers.

Deglaze with white wine and cook until reduced to a third. Add chicken stock and cognac and cook for five minutes. Add 2 oz of duck fat.

Coarsely chop the livers in a food processor. Season with salt and pepper to taste.

Transfer into a terrine mold. Refrigerate for 2 hours before serving. Serve with toast and cornichons if desired.

Rendered Duck Fat:

2 lb duck fat and/or skin, cut into small pieces

In a small saucepan combine the duck fat and skin. Bring the mixture to a simmer over medium-low to medium heat. Cook until the fat has rendered (liquefied) and the skin becomes crispy, about 35 to 45 minutes.

(Adjust the heat, as needed, to keep the skin from browning too quickly.) Set the duck fat aside to cool slightly. Strain into a small bowl. If desired reserve the crispy skin. Refrigerate, covered, for up to one week.

Trim duck fat and skin from whole birds before roasting and store in the freezer until there is enough to render.

Bon Appetit