

# Wheat Fed Guinea Fowl, Parfait Cigar, Truffle and Cultivated Mushroom

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## *Ingredients –Liver Parfait – 10 portions*

75g	Chicken livers
75g	Duck livers
100ml	Port
50ml	Madeira
50ml	Brandy
100gm	Unsalted butter (melted)
2	Shallots (sliced)
½ clove	Garlic (finely chopped)
1g	Tarragon
3	Turns of pepper mill
1g	Salt
2g	Pink salt
1g	Sugar

## *Method:*

1. Trim the duck livers and wash thoroughly under cold running water, drain well.
2. Sweat the shallots and garlic quickly add the alcohol and juice down to a jam like consistency, allow to cool.
3. Place the duck livers in a vac bag, add the jam, season and seal tight.
4. Cook in a water bath for 10 minutes at 65<sup>0</sup>c
5. Blast chill the livers until they are cold then place in a Paco Jet with the butter and freeze, blitz twice and reserve

## *Mushroom Duxelle*

### *Ingredients:*

750g	Fine Diced Onion
750g	Fine Diced White Mushroom
5	Cloves of Garlic (finely chopped)
250ml	Cream
2Dsp	Truffle Oil
Season with Salt and Pepper	

### *Method:*

1. In a pan sweat the onion and garlic for 2-3 minutes – no colour
2. Add the mushroom - sweat for a further 2-3 minutes
3. Add the cream and season with salt and pepper
4. Cook for a further 2-3 minutes. Check seasoning and leave to cool and drain.

Reserve for the Guinea Fowl

## *Pickled Mushroom*

### *Ingredients:*

4 pkt	Cultivated Mushrooms
500g	White Wine Vinegar
250g	Water
375g	Sugar
6	Crushed Juniper Berries
2	Bay leaves torn
6	Black pepper corns crushed

### *Method:*

1. Bring all to the boil. Once boiled add leaves and leave to cool and infuse
2. Once the pickle is cool but not cold add the mushroom and leave to cool
3. Vac Pack