

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Chicken Liver Salad with Courgette Puree

quick, light and very, very moreish!!



Ingredients – serves 4 people

400 gram chicken livers fresh (cleaned of sinew and cut in half)
2 – 3 Tbsp cooking oil
1 – 2 Tbsp butter
4 – 5 garlic cloves (finely sliced)
2 spring onions (washed, drained & chopped)
1 Tbsp lemon juice
3 - 4 Tbsp pomegranate molasses (100% reduction, no added sugar)
1 pomegranate (split and pearls popped out)
salt & pepper to taste
courgette puree

500 gram courgettes (topped & tailed, sliced 10mm thick lengthways)

2 garlic cloves (crushed)
2 - 3 Tbsp lemon juice
½ cup yoghurt
½ cup tahini paste (use less if you find it too powerful)
1 Tbsp olive oil
salt & pepper to taste
2-3 Tbsp parsley chopped to garnish

Method

Pre-heat a frying pan/skillet on a medium/high heat.

Brush the sliced courgettes with the olive oil then place a single layer into the pan. Cook for 1 minute then flip over and cook for a further minute. Remove from the pan and repeat until all courgettes are prepared.

Set courgette aside to cool.

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Ensure chicken livers are dry by patting with kitchen towel.

Reheat the same pan over a high heat then add the oil and butter. Once the butter starts to foam, add the chicken livers.

Once nicely seared (approx. 90 seconds), flip and sear the other side.

Remove the livers from the pan and set aside.

Lower the heat to moderate and add the spring onion and garlic and sauté until aromatic and soft – approx. 45 seconds.

Add lemon juice and pomegranate molasses and bring to a simmer then add the seared livers.

Stir to ensure the livers are coated and leave for a minute on low heat.

Adjust the seasoning with salt and pepper as required.

Place cooked courgette and remaining puree ingredients into a food processor and blitz to a semi smooth puree.

Adjust the seasoning with salt and pepper as required.

Decant puree into a serving bowl and garnish with some pomegranate pearls and chopped parsley.

Garnish the chicken livers with chopped parsley and pomegranate pearls and serve in the pan with some Arabic breads.

Notes from the chef:

Chicken livers are best eaten when still slightly pink as over cooking can give them a chalky texture.

The chicken livers can be spiced with chili flakes or fresh sliced green chili as well.

This recipe is styled on the Lebanese recipe ‘Sawda Dje’ but the Persian style of cooking the chicken livers incorporates coriander, cinnamon, and nutmeg into the recipe.

The courgette puree or ‘Moutabal Kousa’ is a brilliant way to accompany the chicken livers as it is not as filling as hummus – the more traditional accompaniment.

The courgette puree can be made in advance and keeps in the fridge for several days in an air tight container.

I use the local small courgettes with a the light green skin but you can use the European darker green ones if your prefer.

Tbsp - tablespoon

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