Duck liver
with chicory, cherry & pistachio salad

INGREDIENTS
(serves 4)

16 duck livers, cleaned

2 heads of red or yellow belgian endive, washed and separated into leaves

1 head radicchio, cut into 1/8's and cut into 1 inch pieces

4 handfuls of arugula, washed if needed

2 small shallots, peeled and thinly sliced

6 Tbsp pitted fresh cherries, cut into quarters

175ml good quality olive oil

75ml good quality red wine vinegar

1 Tbsp Dijon mustard

Grainy mustard

4 Tbsp pistachios, lighly toasted and crushed roughly (not too fine)

2 Tbsp Italian parsley, roughly chopped

Zest of 1 orange, juice of half an orange

Salt and pepper

Oil to cook with

METHOD

1. In a bowl, mix the olive oil, red wine vinegar, and mustards together with some salt and pepper. Set aside.

2. In a large serving bowl mix together the endive, the arugula and as much of the raddichio as you'd like, set aside until later

3. Place the livers onto some paper towel and dab dry on both sides, season on both sides with salt and pepper.

4. Put a large frying pan over a medium-high heat, add a splash of cooking oil. When it starts to smoke, pan fry the livers for 30 seconds on each side or until golden brown and caramelised. If you don't have a big enough pan then do it in two separate batches. The livers want to be a little bit pink inside still. Slide them out of the pan onto a warmed plate ready for later. Keep the pan you just cooked the livers in.

5. Pour the orange juice into the pan you cooked the livers in and deglaze the pan over a meduim to low heat scrapping the pan as you go, set aside

6. Now to assemble the salad: mix together the cherries, pistachios, orange zest and parsley and shallots together, dress with 2 tbsp of the salad dressing and salt and pepper

7. Add some of the salad dressing to the chicory and arugula, season with salt and pepper and toss, share onto 4 plates

8. Place 4 livers onto each salad and spoon over the cherry & pistachio mixture and finally spoon over some of the juices left over in the pan. Eat!