

Chicken Liver Risotto

- 280g chicken livers
- 1 tbsp plain flour
- 1 onion, finely diced
- 1 celery stick, finely diced
- 3 cloves of garlic, grated or crushed
- 200g risotto rice
- 1 tsp paprika
- 170ml red wine
- 1 pint of hot chicken stock
- 1 tbsp Worcestershire sauce
- A handful of sliced mushrooms (optional)
- 1 tbsp butter
- 100g Parmesan, grated
- Handful of fresh herbs (oregano or thyme are good)
- sea salt and cracked black pepper, to taste
- olive oil for frying
- extra virgin olive oil for serving

Method:

- Remove any fat from the chicken livers and slice them into thin strips or bite-sized chunks. Season the flour well with salt and pepper, then toss the liver pieces in the flour to coat.
- Heat the olive oil in a non-stick pan, add the chicken livers and brown on each side. Once nicely browned, remove with a slotted spoon and set aside.
- Add the onion and celery to the same pan, adding a little more oil if needed. Cook gently until softened but not browned.
- Add the garlic and risotto rice, sprinkle over the paprika and stir well to combine.
- Once the rice is translucent, pour in the red wine and let it bubble over a medium heat for a few minutes.
- Reduce the heat to a simmer and start adding the hot stock a ladleful at a time, stirring as you go and allowing the rice to absorb the liquid before adding more.
- After a couple of ladlefuls, stir in the Worcestershire sauce, herbs, mushrooms (if using) and chicken livers.
- Continue adding the stock and stirring until the rice is cooked but still has a little bite. The risotto should take around 20 minutes in total from adding the wine.
- Once the rice is cooked, turn off the heat. Add the butter and Parmesan, but don't stir yet. Cover with a lid and leave to rest for a few minutes.
- Remove the lid and stir through the melted butter and Parmesan until creamy.
- Serve with a drizzle of extra virgin olive oil, a sprinkle of fresh herbs and shavings of Parmesan.

