



"PB & J" DUCK LIVER PÂTÉ

This playful take on a French classic dish replicates the flavours and even appearance of a North American childhood favourite. The earthy and nutty flavour of tahini with the smooth richness of the duck liver pâté and the use of sweet wine gummy bears create a savoury take on the classic Peanut Butter and Jelly Sandwich!

Serves 6-8 as an appetizer

Prep Time: 15 minutes

Cook Time: 90 minutes + 2 hours to chill and set

Method

1. Toast or grill slices of bread.
2. Spread a generous spoonful of pâté onto each toast.
3. Top with a drizzle of tahini and a sprinkle of sesame seeds.
4. Garnish each toast with red wine gummy bears.

INGREDIENTS

DUCK LIVER PÂTÉ

¼ lb duck liver (can substitute for chicken liver),
cleaned

½ cup 35% cream

¼ cup butter, melted

⅓ cup Ontario VQA Icewine

½ teaspoons salt

1 egg yolk

1 small pinch pink curing salt **OPTIONAL** (this will keep the pate from oxidizing and turning grey over time)

Method

Set up the sous-vide machine to 155 F, water filled high enough to cover the top of the mason jar.

1. In a high-speed blender, purée livers, Icewine, salts, and yolks until smooth. If grainy, you can strain through cheesecloth or a fine mesh sieve.
2. Once the purée is smooth, blend in butter.
3. Slowly pour in cream until fully blended.
4. Pour mousse into jars ¾ of the way full. Twist lids firmly on but not tight.
5. Immerse jars in the water bath and sous-vide for 90 minutes, or until an internal temperature of 150 F is reached.



6. Remove jars from the water bath.
7. In a large bowl, fill halfway with ice and water and place mason jars upright to chill for about 1 to 2 hours. Store in the fridge until ready to serve.
8. OPTIONAL: before serving, with a spoon, remove the grey layer of pâté on top that may have oxidized during the cooking process.
9. Continue with the assembly of the "PB&J" Duck liver pâté – serve directly from the jar or spread into a ramekin or bowl. Can be served with bread or deep-fried saltines and your favourite fruit compote.

INGREDIENTS

RED WINE GUMMY BEARS *(makes 100 mini gummy bears)*

¾ cup red wine, divided
 1 ½ tablespoons powdered gelatine
 3 tablespoons granulated sugar

1. In a bowl, dissolve gelatine in ¼ c. red wine.
2. Meanwhile in a small pot, bring ½ c. red wine and sugar to a boil over medium-high heat.
3. Remove from heat and add to dissolved gelatine. Stir until fully smooth.
4. With a small syringe, fill gummy bear moulds and refrigerate for 2 hours or until fully set and pops out easily.

TO MAKE WITH US

Tools:

Large 9-x-13-inch ceramic or metal baking dish (or 6-cup if making a half recipe)
 Medium saucepan
 Whisk
 Wooden spoon or silicone spatula
 Grater for cheese

Vegetable peeler
 Cutting board
 Chef's knife
 Mandolin slicer (optional)
 Baking tray lined with foil or parchment

Suggested Wines:

Westcott 2017 Estate Pinot Noir
 Château des Charmes 2019 Gamay Noir
 Lakeview Wine Co. 2019 Vidal Icewine