

Chicken Liver Salad

This very full flavoured, robust salad is served warm with succulent chicken livers, smoked bacon, croutons and a powerful Walnut oil and Balsamic vinegar dressing. It makes a great winter lunch or dinner or even a starter in smaller portions. This is very quick to cook but make sure you have all your ingredients prepared before you start.



Serves 2 or 4 as a starter

400 grms Chicken Livers

4 slices dry cured smoked back bacon

2 thick slices of your favourite good white bread

Mixed green salad such as Rocket, baby beet leaves, lamb's lettuce (whatever you like really)

Olive Oil for frying

For the dressing

3 tbl spoons Walnut oil

1 tbl spoon Balsamic vinegar

1 tea spoon whole grain mustard

1 tea spoon finely chopped Sage

A pinch of Maldon sea salt and freshly ground black pepper

To garnish

Chopped parsley and walnut halves

Trim the chicken livers of any fat or sinew. Dice the bacon into lardons. Remove the crusts from the bread and cut into 1 cm squares.

Pour a little oil into a frying pan over a high heat. When the oil is hot, toss in the diced bread. Keep stirring and tossing the bread to prevent it from burning. When the croutons are crisp and golden, turn them out to drain on some kitchen paper.

Put the pan back on to the heat and add the lardons. Fry until beginning to crisp up and turn them out to drain with the croutons.

If you need to, add a little more oil to the pan and return to the heat. Add the chicken livers and fry for about 5 minutes, turning often, until just cooked through. Don't overcook or they will become dry and tough.

Whilst the chicken livers are cooking, make the dressing. Put all the ingredients for the dressing into a jam jar. Screw on the lid and shake vigorously.

To serve, put a handful of the salad leaves on to each plate. Sprinkle over the bacon and croutons and top with the chicken livers. Spoon the dressing generously over the top and garnish with some chopped parsley and walnuts.