

FARE CHASE

Wild Duck Liver Terrine

Like scouting, this recipe takes a little more time and effort.

DUCK LIVER TERRINE (SERVES 25-30)

- 1 lb fresh pork shoulder, cubed
- 1 lb fresh pork belly, cubed
- 1¾ lbs. wild duck livers, trimmed
- 3 tbsp minced onions
- 6 tbsp oil
- ½ tsp pâté spices (see classic recipe below)
- 1¼ tsp salt
- 2 tbsp heavy cream
- ½ tsp freshly ground black pepper
- 2 tbsp cognac or brandy
- ½ cup Madeira
- 2 whole eggs, beaten
- ½ tsp gelatin
- 1 tsp minced garlic
- 1 lb thinly sliced bacon (to line mold)

CLASSIC PÂTÉ SPICES: (8-10 PÂTÉS)

- 2 or 3 bay leaves
- ½ tsp thyme leaves
- ½ tsp mace
- ¾ tsp cinnamon
- 1 tsp nutmeg
- 1 tsp cloves
- ½ tsp white pepper
- ½ tsp rosemary
- ½ tsp basil
- Pinch of cayenne pepper

STOVE TOP:

In a large skillet over high heat, sauté the pork shoulder, pork belly, and wild duck (or goose) livers, and the onions in the oil until lightly browned.

This will have to be done in three batches (use 2 tablespoons of oil, 1 tablespoon of onions for each). Allow the meat to cool. Then coarsely grind all the sautéed meat using a coarse disc or food processor. Place in a large mixing bowl and blend in all other ingredients. Mix thoroughly and test for seasoning by making a small patty and cooking it in butter or oil over low flame. Allow meat to cool, taste, and adjust seasonings if necessary.

BACON LINER:

Line a 12-cup terrine mold with thinly sliced bacon. Cover the bottom first and then press bacon onto the sides and ends, cutting pieces to fit. Fill three-quarters of the terrine with the liver mixture and cover with the bacon. Preheat oven to 375 degrees.

BOILING WATER:

Pour approximately 1-inch of water into a roasting pan and set it on the stove over high heat. Place the terrine into the pan and bring the water to a boil. Transfer the roasting pan to the oven and cook the terrine for 1½ hours. The water should just simmer; check the level after 45 minutes and add more boiling water if necessary. The liver pâté is cooked when a meat thermometer registers 160 degrees.

SLICE IT UP:

Remove the terrine from the oven and water bath. The terrine should be weighted in order to keep the loaf compact and to facilitate slicing. Cover the terrine with



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foil and place a board, cut to fit, inside the rim of the mold. Two 10- or 15-ounce cans will serve as weights. Cool for 2 to 3 hours, then refrigerate. Allow terrine to rest in the refrigerator for 24 hours before serving. **Hint:** Remember when adjusting the pâté seasoning, the mixture must taste somewhat over-seasoned as the pâtés are served cold.

PÂTÉ SPICES

The bay leaf, thyme, rosemary, and basil must be very dry in order to facilitate grinding. Grind all the spices separately, combine in the proper proportions, and mix thoroughly. Sift the mixture through a fine mesh sieve. Store in a tightly sealed container to prevent loss of flavor. **Option:** Pâté spices can be substituted with a combination of cinnamon, nutmeg and cloves equal to ½ teaspoon.

