

CHICKEN LIVERS A LA PLANCHA IN CHARRED ENDIVE

Prepared by: Vito Gomez

Source: Mallmann on Fire

8 ounces fresh chicken livers
¼ cup parsley oil (recipe below), at room temperature
Coarse salt and freshly ground black pepper
1 heaping tablespoon Dijon mustard
12 large perfect endive leaves

Wash the livers and carefully trim off any fat or gristle. Separate or cut the lobes into 12 bite-sized pieces. Spread 2 tablespoons of the parsley oil on a plate, add the livers, and turn them to coat well. Season well with salt and pepper.

Whisk the mustard and the remaining 2 tablespoons parsley oil in a medium bowl. Season with salt and pepper, then lightly toss the endive leaves in the mixture to coat. Transfer the leaves to a plate, rounded side up.

Heat a chapa or two large cast-iron griddles over high heat until a drop of water sizzles on the surface. Using tongs, place the endive leaves rounded side up on the hot surface and cook, without moving them, for 2 minutes, or until the edges are well charred. Remove them with tongs and arrange rounded side down on a serving platter.

Arrange the livers at least an inch apart on a clean part of the chapa or in one of the griddles, and cook, without moving them, for 2 minutes, or until you see from the side that they are browned and crisp on the bottom. (Do this in batches if necessary.) Turn them over and cook for a minute or two more, until they are crisp all over but still quite pink within. As the livers are done, place them on the endive leaves. Serve immediately.

