

Iron Rich Chicken Liver Pate



Ingredients

- 500g chicken livers- organic
- 200g butter, at room temperature- organic
- 1 large eschalot (French shallot), peeled, finely chopped
- 60ml (1/4 cup) brandy (optional)
- 1-2 cloves garlic
- More Butter! 50g butter, at room temperature- organic
- Salt & ground white pepper

Method

- 1.** When making chicken liver pate, it is crucial to buy very fresh livers- organic. To clean the livers, use a small sharp knife to remove and discard any white sinew. Place the trimmed livers in a colander, rinse gently under cold water and then drain. Pat dry with paper towel. Soak in milk for 1-2 hours or overnight to mellow the flavor if preferred.
- 2.** Heat 20g (1 tbs) of the organic butter in a medium heavy-based frying pan over medium heat until it melts and foams. Add half the livers and cook for 30 seconds each side to seal. Cook, uncovered, turning occasionally, for a further 4 minutes for medium-sized livers, or 5 minutes for large livers, or until lightly browned on the outside and slightly pink on the inside.
- 3.** Add the eschalot and crushed to the frying pan and cook over medium-low heat,

stirring occasionally with a wooden spoon, for 2 minutes or until soft. Return the livers to the pan and add the brandy. Simmer for 1-5 minute to remove some of the alcohol, mellow the brandy and help give a full-bodied flavor to the mixture. The alcohol will evaporate leaving only the brandy flavor.

4. Place the liver mixture into the bowl of a food processor and process, occasionally scraping down the side of the bowl with a spatula, for 30 seconds or until smooth. Transfer a third of the liver mixture to a coarse sieve over a medium bowl, and use a metal spoon to rub and push the mixture through the sieve (optional). Sieving the mixture will remove any small lumps and remaining threads of sinew.
5. Return the liver mixture to the food processor bowl. Cut some extra butter 1-2 large cubes, into pieces and add to the liver mixture. Process. Taste and season with salt and pepper.
6. Spoon the pate mixture evenly into two 310ml (1 1/4-cup) ceramic or glass ramekins or small dishes, and use the back of a teaspoon to smooth the surface. Set aside. Place the unsalted butter in a small saucepan and place over medium heat until it just melts. Pour the butter evenly over the surface of the pate. The butter will solidify and prevent the pate from discoloring (due to oxidation) and will lengthen keeping time. Once the butter sets, cover the pate with plastic wrap and place in the fridge overnight to set and develop the flavors. Serve with toasted thinly sliced crackers, or with slices vegetables, or fruit such as apple or pears.

Variations

Green peppercorn pate: Pound 2 tsp of drained bottled green peppercorns in a mortar and pestle until coarsely crushed (alternatively, coarsely chop with a small sharp knife) and stir into the pate mixture before seasoning with salt and pepper in step 5.

Fresh thyme pate: Finely chop 1 tbs fresh thyme leaves and stir into the pate mixture before seasoning with salt and pepper in step 5.

Read Sally Fallon's "Nourishing Traditions" for more Pate Recipes.

Properties

- Iron Rich
- High in protein
- Source of essential fatty acids
- A great way to get liver into people who don't like liver and amazing blood building food for children