



CHICKEN LIVER PATÉ

Liver is one of the most nutrient-dense foods on the planet. Turning it into a buttery spread is a great way to introduce this superfood into a child's diet. A special thanks to chef and restaurant owner Paul Frangie for sharing this delicious recipe.



Equipment needed: Sauce pot, high-speed blender or hand blender, small glass seal-tight jars

Makes: 3 ½ cups or 750g of paté

INGREDIENT

- 500 (1lb) chicken liver
- 1 cup (250g) milk
- 300g (1 ¼ cup + 2 Tbsp butter, cube
- 1 cup (120g banana shallot, finely chopped (~2 banana shallot onions)
- 2 Tbsp (20g) garlic, finely chopped
- 1 ½ tsp (10g) salt
- 2 ½ tsp (12g) vinegar

DIRECTIONS

1. Clean the chicken liver in cold water and remove any connective tissue (usually white or pink stringy pieces) and greenish parts which will make it taste bitter. Cut into smaller portion and soak in milk for 12 hours, then drain and discard milk.
2. In a sauce pot, saute the banana shallot and garlic in half the butter until they are soft and translucent.
3. Add in the chicken liver and cook for a few minutes until they are no longer pink or raw looking. Once cooked, remove the pot off the stove and add the remaining half butter.
4. Allow the cooked liver to cool slightly then blend it all on medium in a blender. Add the salt and vinegar and blend on high until well combined. Taste and adjust the seasoning to your preference with extra salt and vinegar.
5. Store in glass seal-tight jars in the fridge for up to 1 week or in the freezer for up to 3 months. Serve over crackers, sour dough bread or veggies.