

CHICKEN LIVER PATE

INGREDIENTS

- ✦ 2kg chicken livers
- ✦ ½ onion diced
- ✦ 2 Granny smith apples
- ✦ 1 teaspoon fresh thyme chopped
- ✦ 1/3 teaspoon crushed garlic
- ✦ 2 tots of Port or Marsala wine
- ✦ 1 cup of melted butter
- ✦ Pinch salt
- ✦ Pinch black pepper
- ✦ Tablespoon olive oil



METHOD

- ✦ Peel & core your apple, cut it into equal sized cubes & leave in 500 ml of water & 1 tablespoon lemon juice.
- ✦ Generally you would buy the chicken livers already frozen, if so let them defrost overnight.
- ✦ If they have not already been cleaned do not worry, it is very simple to do. There will be a membrane that needs to be removed from the livers as well as any green or dark brown bits, as well as the occasional vein. You can remove this by using a knife; once all of the above is removed place the livers in a bowl of cold water & gently wash off any of the excess sinew.
- ✦ Place in a strainer & allow all the excess liquid to drain away.
- ✦ Place a medium sized frying pan with the olive oil on a high heat. Once the oil starts to smoke slightly place your drained, cleaned livers in the pan.
- ✦ Make sure to do the livers in batches rather than all together as to let it fry & not boil.
- ✦ Make sure to caramelize both sides of the livers- once it has reached the desired colour remove from the pan into a clean bowl. Place the pan back on the heat & allow it to become hot once again. Start on the next batch.
- ✦ Repeat this process until all the livers have been fried.
- ✦ Make sure not to overcook them, you are just cooking them long enough to get some colour onto them.
- ✦ Using the same pan add your diced onion, but make sure to reduce your heat to a lower temperature.
- ✦ Sweat off the onions until they become translucent, once this has occurred add your ready fried livers, seasoning, thyme & garlic.
- ✦ Strain the apples & place into the pan as well. Fry off all the ingredients until the apples start to soften slightly.
- ✦ Add your Port or Marsala wine to the pan & allow it to cook for a few moments in order to burn out the alcohol flavour.
- ✦ Remove the pan from the heat & add all your ingredients into a blender.
- ✦ Blend for a few seconds, once the livers start to break down slowly add half the cup of butter whilst it is still blending.
- ✦ Blend till as smooth as possible, if you really wanted it to be perfectly smooth you can work it through a sieve afterwards.
- ✦ Place into a bowl & cover the surface area with the remainder of the melted butter. Place in the fridge & leave until the butter has solidified.
- ✦ The reasoning for this is to prevent the surface from going dry & changing colour.
- ✦ Serve with herb toast, pita bread and red currant jelly.