

CHICKEN LIVER PATE

INGREDIENTS (amounts are approximate)

1 stick of butter (split in half)
1/2 pound mushrooms, coarsely chopped
1/4 – 1/2 cup onion, chopped
1 pound chicken livers, coarsely chopped
2/3 cup chardonnay or other white wine
1 clove garlic, mashed
1/2 teaspoon dry mustard
1/2 teaspoon each of dried dill, rosemary, and thyme
1 Tablespoon lemon juice
Freshly ground black pepper and sea salt to taste

Optional: additional melted butter to seal jars

Melt 3 tablespoons butter in heavy skillet.

Add onions and mushrooms and stir for a couple minutes.

Add in the livers and cook until browned.

Add wine, garlic, herbs and lemon juice.

Bring to a boil and cook until most of the liquid is gone.

Allow to cool.

Process in a food processor with softened remaining butter.

Season to taste.

Place in small crocks or jars.

Cover with melted butter to seal so they keep longer.

Chill well. Serve with whole grain toast or crackers.

Original recipe from Nourishing Traditions with my modifications.

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