

Granny Libby's Winning Pate Recipe for Building Blood and Deep Nourishment

Chicken livers have much less of a “liver” flavor than other livers, and the butter and herbs help to mellow the flavor even more. This recipe is a good base, feel free to experiment with different types of onions and herbs, and either raw or toasted walnuts.

1 lb dark red organic chicken livers, 1-inch squares
1-2 TBSP butter for sauteeing, 1 room-temperature stick to blend later
1 yellow onion, halved and sliced thin
6-8 crimini or other flavorful mushroom, quartered
2-5 cloves garlic, minced
1-2 tsp each of thyme and sage
2-3 TBSP vermouth (optional)

Drain and pat chick livers dry, remove fibrous tissue, and cut into 1-inch squares
Generously salt and pepper, allow to sit while prepping and cooking onion, mushroom, and garlic.

- In heavy-bottomed cast-iron or similar pan, melt 1 TBSP butter on medium heat
- Saute onion in butter until slightly translucent
- Add mushrooms, saute until onions are translucent and mushrooms are soft.
- Add minced garlic, sage, and thyme. Saute for 1-2 more minutes
- Turn heat to medium-high
- Add optional vermouth, deglaze, then push to the edges of the pan.
- Add more butter if needed, add chicken livers, cook for 2 minutes
- Flip livers, cook for 2 more minutes. You want the livers to be cooked on the outside, but slightly pink in the middle. The more pink the livers, the better texture and flavor they will have.
- Once livers are to your liking, remove from heat and add to blender or food processor with the softened stick of butter.
- Blend until smooth. Add salt, pepper, and/or additional herbs to taste.

On Storing: Pate will last about a week in the fridge. I usually divide into three portions, and freeze two. It keeps well. You can add a layer of melted butter on top to keep it even more fresh.

A medicinal dose is 2-4 TBSP/day.