

CHICKEN LIVER PATE

F EASY

Last Modified: 12/23/2014

PREP: 30 Min
COOK: 45 Min
STOVETOP

APPETIZER

MAKES 4 CUPS

QUA	MEASURE	INGREDIENT	PROCESS
4	Large	Yellow Onions	Thin Sliced
1/4	Cup Plus	Extra Virgin Olive Oil (EVOO)	Divided
1 1/2	Pounds	Chicken Livers	Trimmed
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	Small	Carrots (Scrubbed)	Chopped
4	Large	Eggs (Divided)	Hard Boiled
1 +/-	Pinch	Fresh Nutmeg (Grated)	To Taste
1	Box	Assorted Dinner Crackers (For Serving)	

PREPARATION

FACTOID	A traditional holiday appetizer served in many Jewish households during the Christmas / New Years / Chanukah Holiday seasons. I had this during an extremely pleasant evening in Jacob's home in Jerusalem. His wife Katya (Yes, She's Russian) - Thusly, celebrating Christmas & their kids are indeed INTO it. Katya was kind enough to sneak me a card with her mother-in-laws super-secret recipe scribbled on it as I was leaving. On my next visit to Israel, I found out that Jacob was apoplectic about it.
TOOLS	<ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Small Mixing Bowl 3) Food Processor OR Blender 4) Medium Stainless Steel Skillet & Lid 5) Medium Saucepan & Lid 6) Fine Wire Strainer 7) Rubber Spatula
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Peel and thinly sliver the Onions and set them aside. 2) Rinse, pat dry, inspect, trim off and discard any "odd" membranes and attachment thingys off of the Chicken Livers and set them aside. 3) Hard-boil the Eggs, peel and set them aside wrapped in damp paper towels.
1	In a medium skillet over medium heat, saute the Onions in half of the Olive Oil until caramelized, about 30 minutes. Remove half of the Onions from the skillet and set aside. Add the remaining Olive Oil and continue cooking them over high heat until the Onions are crispy and golden brown; add more Olive Oil as necessary. Drain them on paper towels, season to taste with Salt and Pepper and set them aside for the garnish.
2	In a medium saucepan of salted simmering water, poach the Chicken Livers for 5 minutes on low heat. Drain and pat them dry on paper towels.
3	In a food processor, puree the Chicken Livers with the Carrots, 2 of the hard-boiled Eggs and the reserved caramelized Onions until smooth. Season to taste with Salt and Pepper. Add in the Nutmeg to taste. Using a rubber spatula, press the puree through a fine mesh wire strainer to remove any chunks.
4	Pack the Liver Mousse into a serving ramekin and smooth the top. Cover with plastic wrap. Refrigerate it for at least 2 hours.

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HINTS	I use this Recipe to make the Pate that I use in the Le Meurice Steak Sauce for Recipe: Beef - Tenderloin - Le Meurice
SERVE	Garnish the top with the Crispy Onions and grate or slice the remaining 2 hard-boiled Eggs on top just before serving. Serve with Crusty Bread, Toasts and / or Crackers.