



Karen McElroy

NATUROPATH & MEDICAL HERBALIST

Chicken Liver Pate

Ingredients

4-5 spring onions or 1 leek chopped
6 x field mushrooms chopped
1 clove garlic chopped
250g organic chicken or duck liver (roughly chopped)
100g butter
handful of fresh herbs (I like parsley, thyme & rosemary)

Method

Saute 50g butter with shallots, mushrooms, garlic & herbs. Set aside.
Next cook livers until lightly brown. I like to add a splash of brandy or masala at this point and reduce. Add livers to mushroom mixture and allow to cool slightly.
Add liver mixture and puree in food processor with the other 50g butter.
Scoop into ramekins.
I pour a little melted butter on top with a sprig of rosemary – which sets and preserves the pate.

Refrigerate and use within 5 days or freeze.

