

Duck or Chicken Liver Paté

Ingredients:

- 500g Duck or Chicken Livers
- 500g Onions
- 500g butter
- ¼ tsp Salt
- 1-2 tblsp fresh Sage or Thyme (or other favourite herbs e.g. basil, rosemary etc)
- 1-2 tblsp of port or brandy (or both!)

Optional: Pepper to taste

Method:

1. Sauté onions in half the quantity of butter until onions are translucent. Add fresh herbs and stir through until wilted. (If using dry herbs, cook them a little longer until rehydrated or soft). Set aside.
2. Rinse livers thoroughly making sure there are no other organs still attached. Sauté livers in remaining butter until nicely caramelised at edges. (Try not to over-cook them as it might make your paté feel a little grainy on the palette).
3. Place all cooked ingredients into a blender with the salt, pepper and your choice of liquor and blend until smooth. (You can also add fresh non-woody herbs at this step for extra flavour if desired).
4. Pour into ramekins, bowls or moulds to set in the fridge.
5. If not using within the following couple of days, the pate can be covered and frozen until needed. Thaw a few hours in the fridge before consuming with your favourite cracker or bread!

Notes: Soaking the livers in milk (in the fridge) for a couple of hours before cooking is said to remove any bitter flavours, leach out any remaining animal blood (and therefore any 'metallic' flavour and plump up the livers a little. Some people say this makes a real difference to the flavour. Try with and without to see if there's a difference on your palette 😊