

CHICKEN LIVER PATE

Ingredients

- Handful of fresh thyme leaves.
- 200g of unsalted butter.
- 2 garlic cloves.
- 2 shallots.
- Olive oil.
- 50ml Jack Daniels Honey.
- 380g trimmed chicken livers.
- Salt and white pepper.



Method

Step 1:

Start by melting the butter over a low heat in a saucepan and once melted turn the heat off.

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Step 2:

Whilst the butter is melting dice the shallots and slice the garlic, then place into a non stick pan with a tablespoon of oil and slowly start to fry along with the thyme. The pan should be on a low heat, you want to soften the onion and garlic without them colouring which should take around 6-10 minutes. Once everything is nice and soft place on a plate and leave to one side.

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Step 3:

Give your pan a quick wipe, turn up the heat to a medium-high and add another tablespoon of olive oil and wait a minute for the oil to heat up then add your liver to the pan and cook for 3 minutes on each side. Don't overcrowd the pan if need be do it in batches otherwise you will end up boiling the liver instead of frying it.

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Step 4:

Now turn your pan on full heat and add the Jack Daniels and flambé then reduce and continue cooking the liver for another minute. To check the liver is ready cut one open, you want it to still be a little bit pink in the middle but with no blood. When you're happy with the liver place with the onions.

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Step 5:

Next placing everything into a food blender with half of the melted butter, season with salt and pepper and give it a good whizz. You want a nice smooth pate add a touch more of the melted butter if need be but don't use it all.

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Step 6:

Once you are happy with the consistency of the pate and the seasoning is perfect pour into a kilner jar then pour over the remaining butter. Leave to cool then place in the fridge for 4-5 hours or overnight to set then your good to go.

Recipe by Family Home Cook
www.familyhomecook.co.uk