

Chicken Liver and Orange Pâté

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chopping board and knife
measuring cups and spoons
medium saucepan
heatproof spoon
zester or fine grater
blender
plate scraper
2 – 3 ramekins

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1. In the saucepan, **warm** over a medium heat $\frac{1}{4}$ cup **butter or coconut oil**

 2. **Add** and **sauté** until soft
 $\frac{1}{4}$ cup **onion**, finely chopped
1 clove **garlic**, finely chopped

 3. **Cut away** any sinewy parts from 500g (1lb) **organic chicken livers**

 4. **Add** the chicken livers to the saucepan with
 $\frac{1}{4}$ cup **orange liqueur or juice**
 $\frac{1}{4}$ tsp **pink or sea salt**
 $\frac{1}{8}$ tsp **ground black pepper**
 $\frac{1}{8}$ tsp **nutmeg or allspice** (opt.)
zest from 1 **orange** (optional)

 5. **Simmer** for 5 minutes.

 6. **Blend** until smooth.

 7. **Transfer** to ramekins and **cover** with melted **butter or coconut oil** (opt.)

 8. **Store** covered in the refrigerator for up to 5 days.
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