

LIVER RECIPES

Chicken Liver Mousse – *adapted from cheeselove.com*

- 1 pound organic chicken livers
- ½ pound + 4 Tablespoons butter, melted (preferably grass-fed, organic)
- 1 Egg (preferably pasture raised)
- 2 teaspoons Real Salt
- A pinch of a mixture of equal parts nutmeg, allspice, cloves and cinnamon
- A pinch of freshly ground white pepper

Preheat oven to 300 degrees. Brush six 4-ounce ramekins with 4 Tablespoons melted butter. Process the chicken livers, egg, salt, spice mix and pepper in a food processor. With the food processor running, slowly add the ½ pound of melted butter. Blend for 15 seconds. Pour the mixture into the ramekins, filling ¾ of the way. Set the ramekins in a baking dish and fill the baking dish with water to half the height of the ramekins. Bake for 30 minutes. Serve warm or chilled with carrot sticks, celery sticks, etc.

Chicken Liver Pate

- 6 slices bacon (nitrate/nitrite free)
- 2 Tablespoons butter (preferably from grass fed cows) or coconut oil
- 1 cup sliced mushrooms
- ½ cup chopped onion
- 1 cup chicken livers
- ½ teaspoon Worcestershire sauce (carefully read labels or make your own)
- 2 Tablespoons mayonnaise (carefully read labels or make your own – it's really easy)
- Scant ½ teaspoon Real Salt
- ¼ teaspoon freshly ground pepper

In a heavy skillet, fry the bacon until barely crispy (not black). Remove the bacon and drain on paper towels, reserving the drippings in the pan. Turn the heat to low. Add the butter and sauté the onions and mushrooms for 15 minutes, or until completely limp, stirring occasionally.

Meanwhile, in a medium saucepan, bring some water to a boil. Add the chicken livers, return to a boil, cover, and remove from the heat. Allow to stand for 15 minutes. Drain thoroughly.

In a food processor, pulse the drained chicken livers until ground. Add the bacon, onion and mushroom mixture, and remaining ingredients, and pulse until well combined.

Serve with celery, bell pepper sticks, etc.

Chopped Liver – *adapted from cheeselove.com*

- 1 pound chicken livers (ideally pastured but at least free range organic)
- 2-3 Tablespoons chicken fat (schmaltz), coconut oil, or butter
- ½ large yellow or white onion, diced
- 1 Hardboiled egg
- 1 slice sprouted or real sourdough bread
- Real Salt
- Freshly ground black pepper

Melt chicken fat, coconut oil or butter in a large skillet on medium heat. Add the chicken livers and cook for just a minute or two on each side. Don't overcook – they will taste bad if you do. They should still be pink in the middle when you remove them from the heat. Cut one open to check. Strain the fat off and transfer the chicken livers into your food processor or large mixing bowl and set aside. Note: Straining the fat is the secret trick that helps the chopped liver not be so liver-y tasting. Wipe the skillet with a paper towel. Heat 1 tablespoon of fat in the skillet on medium heat. Add the chopped onion and cook until soft. Pour the onions with the fat (don't strain) into the food processor or mixing bowl with the chicken livers. Chop up the hardboiled egg and add to the mix. Tear up ½ of the slice of bread and add to the mix. Pulse or mash with a fork until it is incorporated. Do not overmix; you don't want a puree. It should have a choppy, rustic consistency. Salt and pepper to taste. Add more bread (up to one slice) if it is too wet. Serve with warm bread (sprouted bread or real sourdough).

Pate de Campagne – *adapted from a recipe by Julia Child*

- 1 yellow onion, chopped
- 2 tablespoons butter
- 1 pound pork sausage meat (nitrate-free, antibiotic and hormone free)
- 1 pound chicken breast
- 8 ounces organic pork or beef liver
- 10-12 ounces sourdough bread – real sourdough, not the fake stuff
- 1 large egg
- 1/3 cup goat cheese
- 1 clove garlic
- 1 tablespoon Real Salt
- ¼ teaspoon ground allspice
- ¼ teaspoon thyme, fresh or dried
- 2 bay leaves
- ¼ teaspoon freshly ground pepper

Preheat oven to 350 degrees. Saute the chopped onions in the butter. Mix all the ingredients in a food processor. You may need to process them in the food processor a few ingredients at a time and then combine in a large bowl. When thoroughly mixed together, pack into a terrine or loaf pan and cover with wax paper or parchment paper (cut in a rectangle to fit on top). Layer foil on top of that (with a one-inch overhang of the foil). Set the loaf pan in a shallow pan of water – the water should come up halfway up the sides of the loaf pan. Place it in the oven and bake for 1 to 1 ½ hours. A meat thermometer should read 160-165 degrees. Let cool for an hour, then refrigerate when cool at least overnight. Serve cold or room temperature with sourdough bread, Dijon mustard, and pickles.

Warm Calves' Liver Salad – *adapted from a recipe by Antony Worrall Thompson*

- 4 cups baby spinach leaves
- 2 teaspoons butter
- 1 tablespoon olive oil
- 4 shallots, quartered
- 1 tablespoon thyme, leaves only
- 2 slices ham, cut into strips
- 1 ½ cups calves' liver or chicken liver
- 24 button mushrooms, quartered
- 2 tablespoons pine kernels
- 2 tablespoons balsamic vinegar
- Ground black pepper

Wash and dry the baby spinach leaves and divide between 4 plates. Heat the butter and olive oil in a large skillet over low heat. Sauté the shallots until soft. Add the thyme, bacon and liver and increase the heat to medium. Cook the liver for about 5 minutes; it should be brown on all sides, but still pink in the center. Remove the liver, shallots and bacon from the pan and keep warm. Turn the heat off, add the mushrooms to the same pan, and season with black pepper. Stir well to coat the mushrooms with the meaty juices, divide into 4 portions and spoon over the spinach. Scatter the pine nuts over the individual portions of salad. Turn the heat back on and heat up the pan. Add the vinegar to the pan, turn off the heat, and stir to scrape up any sediment. Drizzle the warm dressing over each salad and serve immediately.

Chicken Liver Salad with Hot Bacon Dressing – *adapted from a recipe found on foodandwine.com*

- 1 ½ pound loaf real sourdough bread, crust removed, cut into ½-inch cubes (about 3 cups)
- About 7 tablespoons olive oil
- 2 large heads frisee or spinach, cut into 2-inch pieces (about 1 ½ quarts)
- 1 red onion, chopped
- ¾ teaspoon Real Salt
- Freshly ground black pepper
- ½ pound bacon, strips cut crosswise into ½-inch pieces
- 1 pound chicken livers, each cut in half
- 1 teaspoon ground allspice
- 3 ½ tablespoons wine vinegar

Heat the oven to 350 degrees. Toss the bread cubes with 2 tablespoons of the oil and put on a large baking sheet. Bake, stirring once or twice, until the bread cubes are crisp and golden brown, about 15 minutes. Let the croutons cool. In a large bowl, combine the frisee, onion, ½ teaspoon of the salt, and ¼ teaspoon pepper. In a large skillet, cook the bacon until crisp. Remove the bacon and pour the fat into a measuring cup. Add enough of the oil to make ½ cup and reserve. Wipe out the pan. Heat 1 ½ tablespoons of the oil in the pan over moderately high heat. Season the chicken livers with the allspice, the remaining ¼ teaspoon salt, and 1/8 teaspoon pepper. Put the livers in the pan, in two batches if necessary, and cook 2 minutes. Turn and cook until browned, about 2 minutes longer. The livers should still be pink inside. Remove the livers from the pan and put in a warm spot. Wipe out the pan. Add the reserved ½ cup fat and the bacon to the pan. Heat over moderately high heat until the bacon is sizzling. Pour the hot bacon and fat over the salad and toss. Toss in the vinegar and then the croutons. Put the salad on plates and top with the livers.

Mexican Liver & Onions – *from cheeselove.com*

- 1 pound beef liver (organic, grass fed)
- ½ pound bacon (organic, nitrate-free)
- ½ yellow onion, cut into large pieces
- 1 can or jar pickled jalapenos
- ¼ cup Worcestershire sauce (check labels carefully)

Put the liver in a glass baking pan. Add ¼ cup Worcestershire and the juice from the can of pickled jalapenos. Put the pan in the fridge and let it marinate for at least 4 hours. Put a cast iron skillet on the fire at medium heat. Put the bacon in the pan and cook until done. Remove and set aside on a plate. Add the onions to the pan and sauté until they are soft. Add the liver and sauté 1-2 minutes on each side. Do not overcook or you will get that gross liver taste. It should still be pink on the inside. Plate the liver, garnishing with bacon, onions and pickled jalapenos.

Chicken Liver Salad Dressing – *from weirdrecipefinds.blogspot.com*

- 4 cooked chicken livers
- 4 hardboiled egg yolks
- 3 teaspoons mustard
- ¼ teaspoon Real Salt
- Dash of freshly ground pepper
- ¼ cup olive oil
- 2 teaspoons red wine vinegar

Puree all ingredients, except olive oil, in a food processor. While motor is still running, slowly drizzle the olive oil in and process until emulsified.