

OLD WORLD BRANDIED LIVER PATE

Liver what?

This recipe is about yet another way to enjoy liver. Yes, enjoy.

The adults around the dinner table were busy conversing when one of us noticed my three-year old granddaughter Emma quietly scooping finger-fulls of pate directly into her mouth.

Nuff said. However, I'd recommend toast triangles or crackers.

This pate stores well in the refrigerator when tightly sealed in plastic wrap or glass container. It also freezes well for up to two months.

Tip: Never over-cook it.

It should always be a bit pink on the inside and pliable.

Legend

T = tablespoon

tsp = teaspoon

gm = gram

c = cup oz = ounce



Ingredients

- 510 gm (18 oz) beef liver cut into pieces
- 1 small onion, medium chopped
- 1/4 c brandy (or 1/2 c red wine)
- 2 cloves garlic, smashed and coarsely chopped
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 T lemon juice
- 1/2 c, plus 3 T unsalted butter at room temperature (you can replace some of the butter with three or four slices of fried and finely chopped bacon. I just add the bacon to the recipe.)
- 1/2 tsp salt, or to taste
- 2 T coarsely ground black pepper

About beef liver

Growing up, I remember chewing on tough slabs of gray liver. Overcooked. Yuck.

It wasn't until I was waitressing my way through graduate school that I bit into the tender deliciousness of liver quickly fried in brown butter. The young cooks, deftly flipped the thin slices after just 60 seconds of fast sizzle per side.

I couldn't get enough.

Choose liver from cattle that have **not been stressed by grain, hormones or subclinical antibiotics**.

Most of the beef sold in the US has traveled hundreds, if not a thousand, miles from feed lot to slaughter house.

Look for beef that's local.

Low food miles means less stress on the animal.

Grass-fed beef provides:

- Good source of vitamins A, B, C and E.
- 4-5X more conjugated linoleic acid than grain-fed beef
- More Omega 3s
- Iron

Instructions*

1. Prepare the liver: Remove any ducts and blood vessels. To remove the membrane, slip the point of a sharp knife between the membrane and the meat and lift an edge of membrane. Holding the meat down with a finger or two, use other hand pull up and lift the membrane off the meat.
2. Heat 2 T of butter in a heavy frying pan until the butter begins to brown. (Take care not to burn the butter solids.)
3. On medium heat, saute liver being sure not to crowd the pan (that'll steam the meat instead of frying it). Do this quickly so that the meat is browned but not dried out. Test a piece to make sure that it's still pink on the inside.
4. As they're ready, remove the pieces to a plate lined with a paper towel. Add butter to the pan, as needed.
5. Heat another tablespoon of butter in the pan, and saute the onions until tender and slightly caramelized. Do not burn them.
6. Add the wine (or brandy), garlic, mustard, herbs and lemon juice to the pan. Use a wooden spatula or spoon to stir up fond from the bottom of the pan.
7. Keep heat at medium low and cook uncovered until most of the liquid has been absorbed or evaporated. Remove the pan from the heat.
8. Cool the mixture in the pan until just warm.
9. Remove any herb stems and place the mixture in your food processor along with the liver, rest of butter, salt, and bacon, if desired.
10. Pulse the processor for 10-20 pulses.
11. Check the consistency. If the mix hasn't fully blended, process for 30 seconds.
12. Check consistency again. If the pate seems dry and crumbly, add more butter until the pate is smooth and creamy.
13. Using a rubber spatula, press the pate into a shallow dish, and then press the cracked pepper onto the surface.
14. Serve, refrigerate or freeze. If chilled or frozen, keep covered and allow to come to room temperature before serving.