



Chicken Liver Pâté with Maple Glazed Apples

 Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pepper black plus more to taste
- ☐ 1 pound chicken livers dark with spots and veins removed rinsed
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 clove garlic minced peeled
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoon maple syrup pure

- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 cup shallots minced
- ☐ 1 tablespoon butter unsalted

Equipment

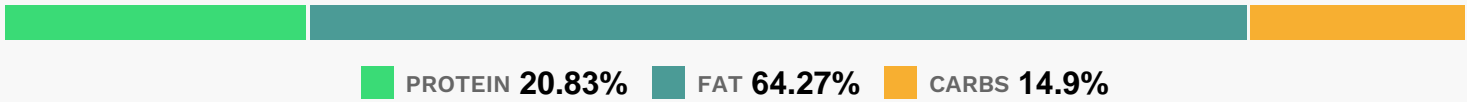
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Melt 2 tablespoons of the butter in a small saucepan set over medium-high heat.
- ☐ Add the shallots and stir them to get them well coated. Turn the heat to medium and cover the pan, letting them cook about 5 minutes, stirring occasionally. After the shallots have become translucent, add the garlic and stir. Slowly pour the cream into the pan, and stir the mixture together. Cover the pan and allow the mixture to cook another 5 minutes.
- ☐ Remove the pan from the heat and remove the cover.
- ☐ Add the rest of the butter stirring to melt and incorporate it into the mixture. Put all of the raw livers into a blender, add the white wine and the warm cream mixture, the salt and some pepper. Blend until completely smooth. Scrape the sides as you work to ensure a good creamy texture. Pre-heat the oven to 300 degrees F. Bring a kettle of water to a boil.
- ☐ Place 4 oven proof, 1-cup sized bowls or ramekins into a deep baking dish. They should not touch. Using a strainer for the smoothest possible texture strain the chicken liver mixture into each bowl, dividing the mixture evenly. Cover each bowl with foil, and place the baking dish onto the middle rack of the oven.

- ☐ Pour enough boiling water into the baking dish to come about halfway up the sides of the ramekins. Gently slide the rack back into the oven, and cook at for about 40 minutes. When cooked remove the pan from the oven and allow it to cool completely before uncovering the ramekins. Once cool transfer the covered pÃ¶tÃ© to the refrigerator to get cold.Just before serving melt the final tablespoon of butter in a medium sized skillet set over medium heat.
- ☐ Add the apples all in one layer. Cook them, undisturbed until brown on one side 3-5 minutes. Turn the apples over, and add the syrup and cook an additional minute or two. The apples should be soft but not mushy.
- ☐ Transfer the apples to a serving plate and pour any remaing liquid over them.
- ☐ Sprinkle them with sea salt and serve along side the pÃ¶tÃ© and some crusty bread.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:21.065652121668%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 146.02kcal (7.3%), Fat: 9.97g (15.33%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.81g (1.75%), Sugar: 3.47g (3.85%), Cholesterol: 155.33mg (51.78%), Sodium: 276.71mg (12.03%), Alcohol: 1.03g (100%), Alcohol %: 1.57% (100%), Protein: 7.27g (14.53%), Vitamin B12: 6.3µg (105.01%), Vitamin A: 4590.85IU (91.82%), Folate: 226.64µg (56.66%), Vitamin B2: 0.76mg (44.59%), Selenium: 21.42µg (30.6%), Vitamin B5: 2.45mg (24.47%), Iron: 3.61mg (20.07%), Vitamin B6: 0.38mg (18.76%), Vitamin B3: 3.74mg (18.71%), Phosphorus: 132.73mg (13.27%), Manganese: 0.23mg (11.33%), Copper: 0.2mg (10%), Vitamin C: 7.75mg (9.4%), Vitamin B1: 0.13mg (8.6%), Zinc: 1.14mg (7.63%), Potassium: 158.99mg (4.54%), Vitamin E: 0.53mg (3.51%), Magnesium: 12.8mg (3.2%), Calcium: 25.74mg (2.57%), Vitamin D: 0.33µg (2.23%), Fiber: 0.39g (1.56%)