



## Chicken Liver-Port Pâté

READY IN



360 min.

SERVINGS



8

CALORIES



369 kcal

BEVERAGE

DRINK

### Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons capers coarsely chopped
- 1 pound chicken livers
- 0.3 teaspoon dijon mustard
- 1 crusty baguette french cut into 1/4- to 1/2-inch-thick slices
- 1 teaspoon thyme sprigs fresh finely chopped
- 1 teaspoon kosher salt
- 3 cups lambs lettuce

- 1 tablespoon olive oil
- 1.3 cups port wine
- 1 cup shallots thinly sliced ( 3 medium)
- 1 teaspoon sherry vinegar
- 8 tablespoons butter unsalted (1 stick)
- 1 cup milk whole

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- sieve
- spatula

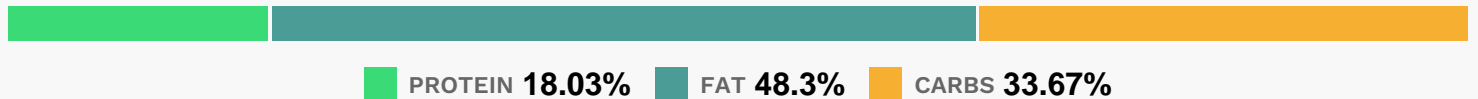
## Directions

- Combine livers and milk in a medium bowl and refrigerate for 2 hours. Meanwhile, place port and bay leaf in a small saucepan over medium heat and bring to a simmer.
- Let simmer until reduced to 2 tablespoons, about 25 minutes. Discard bay leaf; set reduction aside.
- Drain livers (discarding the milk), pat dry with a paper towel, and remove the tough cartilage and veins. Set aside. Melt 3 tablespoons of the butter in a medium frying pan over medium heat until foaming.
- Add shallots and cook, stirring often, until softened, about 3 minutes. Increase heat to medium high, add chicken livers, thyme, salt, and pepper and cook, stirring occasionally, until livers are browned but still slightly pink in the center, about 5 minutes. Meanwhile, melt the

remaining 5 tablespoons butter; set aside.

- Transfer livers and shallots, along with any pan juices, to a food processor fitted with a blade attachment.
- Add reserved port reduction and vinegar. Turn on the processor, pour the melted butter in through the feeder tube, and continue processing, stopping to scrape down the sides with a rubber spatula as needed, until smooth, about 2 minutes.
- Transfer the mixture to a medium-mesh strainer (do not use a fine-mesh strainer—the weaving is too tight to allow the pâté to pass through) set over a medium bowl. Using a rubber spatula, press the mixture through. (It will take some work but will pay off in smooth, creamy results.) Discard the solids remaining in the strainer. Taste the pâté and season with additional salt or pepper as needed.
- Heat the oven to 350°F and arrange a rack in the middle. Arrange the bread slices on a baking sheet in a single layer (do this in batches if needed).
- Place the capers and mustard in a medium bowl, season with salt and pepper, and whisk to combine. Slowly drizzle in the oil while constantly whisking.
- Add the lettuce and toss to combine.
- Serve immediately with the pâté and crostini.

## Nutrition Facts



## Properties

Glycemic Index:31.09, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:33.123478422994%

## Flavonoids

Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Malvidin: 35.56mg, Malvidin: 35.56mg, Malvidin: 35.56mg, Malvidin: 35.56mg Peonidin: 1.47mg, Peonidin: 1.47mg, Peonidin: 1.47mg, Peonidin: 1.47mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 369.2kcal (18.46%), Fat: 17.81g (27.39%), Saturated Fat: 9.07g (56.66%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 26.23g (9.54%), Sugar: 8.19g (9.1%), Cholesterol: 229.37mg (76.46%), Sodium: 560.66mg (24.38%), Alcohol: 5.74g (100%), Alcohol %: 3.24% (100%), Protein: 14.96g (29.92%), Vitamin A: 8185.03IU (163.7%), Vitamin B12: 9.59µg (159.82%), Folate: 380.53µg (95.13%), Vitamin B2: 1.19mg (69.91%), Selenium: 37.85µg (54.07%), Iron: 7.17mg (39.82%), Vitamin B5: 3.89mg (38.91%), Vitamin B3: 7.21mg (36.04%), Vitamin B6: 0.7mg (34.81%), Vitamin B1: 0.41mg (27.51%), Phosphorus: 265.24mg (26.52%), Manganese: 0.52mg (26.05%), Vitamin C: 20.97mg (25.42%), Copper: 0.4mg (19.79%), Zinc: 2.18mg (14.51%), Potassium: 451.94mg (12.91%), Calcium: 102.35mg (10.23%), Magnesium: 36.05mg (9.01%), Vitamin E: 1.1mg (7.32%), Fiber: 1.7g (6.78%), Vitamin D: 0.55µg (3.64%), Vitamin K: 3.63µg (3.46%)