



Chicken liver & raisin pâté

READY IN



90 min.

SERVINGS



6

CALORIES



504 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 60 g raisins
- ☐ 2 tbsp brandy
- ☐ 100 ml wine
- ☐ 100 ml port wine
- ☐ 4 shallots finely sliced
- ☐ 1 garlic clove finely sliced
- ☐ 200 g butter
- ☐ 200 g chicken livers
- ☐ 2 medium eggs beaten

- ☐ 25 g pistachios finely sliced
- ☐ 50 g ghee melted (see tip, below)
- ☐ 1 slices bread toasted
- ☐ 1 leaves red-wine vinegar with walnut oil and wine vinegar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ ramekin
- ☐ double boiler
- ☐ aluminum foil

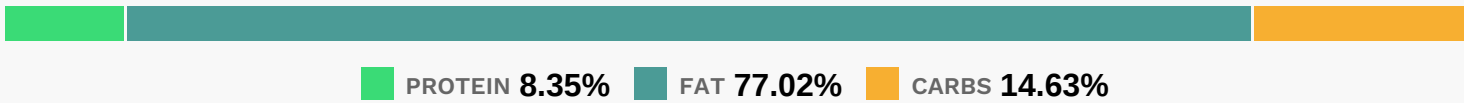
Directions

- ☐ A day ahead, put the raisins in a small bowl, pour over enough brandy to cover, then leave to soak for 1 hr.
- ☐ Pour the wine and port into a small, deep saucepan, tip in the shallots and garlic, then simmer until reduced by two-thirds about 10 mins.
- ☐ Remove from the heat and pass through a fine sieve, pressing to extract all the juices. Allow to cool. Melt the 200g butter, then leave to cool slightly.
- ☐ In a food processor, blend the chicken livers until smooth, then add the wine reduction followed by the eggs, the cooled melted butter, 1 tsp salt and tsp black pepper. Pass through a fine sieve into a jug, stir in the nuts, then set aside.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Drain the raisins, then divide them between 6 x 125ml ramekins.
- ☐ Pour the chicken liver mixture over, leaving a small space at the top of each one. Stand the ramekins in a small roasting tin (or similar ovenproof dish with sides to make a bain-marie)

then pour in enough hot water to reach two-thirds of the way up the sides. Cover with foil and bake for 35–40 mins. To check when cooked, push a fine knife blade into the centre and, if it comes out hot and clean, the pt is ready. If not, continue to cook, but dont overcook or let them souffl up or the texture of the pt will be grainy.

- ☐
- Remove from the bain-marie, then pour a thin layer of clarified butter over each dish to seal. Scatter over a few extra raisins and pistachios to garnish as the butter is setting. Leave to cool, then refrigerate for up to 3 days.
- ☐
- To serve, put each ramekin on a plate with toasted walnut bread and a few dressed salad leaves.

Nutrition Facts



Properties

Glycemic Index:45.91, Glycemic Load:6.34, Inflammation Score:-10, Nutrition Score:23.109130538028%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg, Petunidin: 1.12mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 16.04mg, Malvidin: 16.04mg, Malvidin: 16.04mg, Malvidin: 16.04mg Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 503.68kcal (25.18%), Fat: 40.5g (62.31%), Saturated Fat: 23.56g (147.23%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.46g (5.62%), Sugar: 3.46g (3.84%), Cholesterol: 262.56mg (87.52%), Sodium: 288.42mg (12.54%), Alcohol: 6g (100%), Alcohol %: 4.62% (100%), Protein: 9.88g (19.77%), Vitamin B12: 5.71µg (95.23%), Vitamin A: 4622.96IU (92.46%), Folate: 216.14µg (54.03%), Vitamin B2: 0.72mg (42.2%), Selenium: 25.1µg (35.86%), Vitamin B5: 2.47mg (24.68%), Vitamin B6: 0.48mg (23.86%), Iron: 4.15mg (23.04%), Vitamin B3: 3.79mg (18.93%), Phosphorus: 185.52mg (18.55%), Manganese: 0.32mg (15.97%), Copper: 0.29mg (14.57%), Vitamin B1: 0.19mg (12.73%), Vitamin C: 8.24mg (9.99%), Potassium: 322.09mg (9.2%), Zinc: 1.37mg (9.16%), Vitamin E: 1.27mg (8.48%), Fiber: 1.84g (7.36%), Magnesium: 25.56mg (6.39%), Calcium: 41.84mg (4.18%), Vitamin K: 2.82µg (2.68%), Vitamin D: 0.29µg (1.96%)