



HEALTH SCORE

61%

Chopped Liver



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken livers green trimmed (remove any spots carefully)
- ☐ 2 tablespoons chicken stock see
- ☐ 5 eggs organic free-range
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 large onion sliced
- ☐ 6 servings bell pepper
- ☐ 6 servings pepper black freshly ground

Equipment

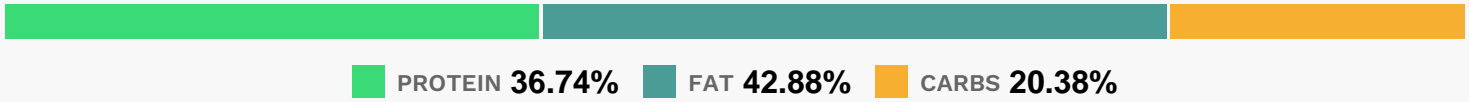
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ grater

Directions

- ☐ Hard-boil the eggs for 10 minutes, drain, and set aside to cool. In a large frying pan, gently cook the onions in the oil (or schmaltz) until soft and golden. Increase the heat, add the livers, and stir for a few seconds so that they absorb the flavor of the onion. Either pour the mixture into a food processor and process to a coarse or smooth paste with the gribenes (if using), or pass the mixture through an old-fashioned grinder. Scoop into a bowl. Grate the eggs on the coarse side of a grater and add to the bowl, reserving a little of the grated egg for the garnish. Stir in the parsley and fold in gently. Moistenthe mixture with some wine, brandy, or chicken stock, and season to taste with salt and pepper. Cover with plastic wrap and chill until needed.
- ☐ Serve in scoops on individual plates topped with a little grated egg and paprika for color, and generous pieces of fresh
- ☐ Friday-night challah.
- ☐ To make gribenes and schmaltz
- ☐ Remove the spare fat from a raw chicken and place in a pan. (There is usually a lump of fat around the neck, in an older bird at least.)
- ☐ Add 1 cup (8 oz) dairy-free margarine, 1 teaspoon salt, and 1 large onion (with the skin left on to enhance the golden color).
- ☐ Remove the skin from the chicken, cut into smallish pieces, and add to the pan. Set over very low heat and cook for 1 1/2–2 hours until all of the fat has been rendered gently out of the chicken skin.
- ☐ Remove the skin from the pan and drain on paper towels to form gribenes or crackling.
- ☐ Pour the fat (schmaltz) into a heavy-duty glass dish and store in the fridge until needed*. As the fat cools, a rich jelly will collect at the bottom of the dish. This jelly forms a delicious base

- for soup or sauces.
- * The fat (schmaltz) will keep for up to 6 weeks in the fridge. Store the gribenes inthe fridge.
- From Jewish Traditional Cooking: Over 150 Nostalgic & Contemporary Recipes by Ruth Joseph and Simon Round. Text © 2012 Ruth Joseph and Simon Round; photographs © 2012 Isobel Wield. Published in 2013 by Kyle Books, an imprint of Kyle Cathie Limited.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:44.327391437862%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg

Nutrients (% of daily need)

Calories: 206.24kcal (10.31%), Fat: 9.85g (15.15%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.51g (6.12%), Cholesterol: 397.37mg (132.46%), Sodium: 120.74mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.97%), Vitamin A: 11328.32IU (226.57%), Vitamin B12: 12.86µg (214.34%), Vitamin C: 119.25mg (144.55%), Folate: 513.39µg (128.35%), Vitamin B2: 1.6mg (93.99%), Vitamin K: 87.54µg (83.37%), Selenium: 52.98µg (75.68%), Vitamin B5: 5.59mg (55.93%), Vitamin B6: 0.99mg (49.59%), Iron: 8.21mg (45.59%), Vitamin B3: 8.31mg (41.57%), Phosphorus: 335.41mg (33.54%), Copper: 0.44mg (22.1%), Vitamin B1: 0.31mg (20.98%), Zinc: 2.82mg (18.83%), Manganese: 0.37mg (18.59%), Vitamin E: 2.48mg (16.52%), Potassium: 488.97mg (13.97%), Fiber: 2.6g (10.42%), Magnesium: 35.57mg (8.89%), Calcium: 50.81mg (5.08%), Vitamin D: 0.73µg (4.89%)