

ONIONS

Elsa's Warm Chicken Liver Spread with The Works

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	8	\$1.17	388 kcal

The recipe Elsa's Warm Chicken Liver Spread with The Works can be made in roughly 40 minutes. This recipe serves 8. This condiment has 388 calories, 14g of protein, and 27g of fat per serving. For \$1.17 per serving, this recipe covers 31% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ teaspoon black pepper, eyeball it
- ☐ ¼ cup capers, drained
- ☐ ½ cup grainy Dijon mustard
- ☐ ½ teaspoon ground thyme, eyeball it
- ☐ 8 slices sprouted wheat bread or pumpernickel bread
- ☐ 2 shallots, finely chopped
- ☐ 2 sticks butter
- ☐ 1 pound chicken livers, rinsed, dried, and trimmed of any connective tissues
- ☐ 1 small jar cornichons or baby sweet gherkins
- ☐ 3 large onions, thinly sliced
- ☐ 1 teaspoon About salt, 1/2 palm full

EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Oven, Ramekin

Method

- 1

Preheat oven to 400 degrees F.

- 2 In a large skillet, melt butter over medium heat.
- 3 Add onions and sweat them 15 minutes; - do not let brown. Once the onions are sweet and tender, add livers and raise heat just a bit. Cook until livers are firm and cooked through, another 5 to 6 minutes.
- 4 While livers cook, place bread on a cookie sheet and bake in oven to dry out and toast, 5 to 6 minutes.
- 5 Cut toasted bread slices corner to corner. Pile toast triangles into a bread basket.
- 6 Combine salt, pepper and thyme and sprinkle over the livers and onions.
- 7 Place mixture in food processor in batches and grind into smooth spread.
- 8 Transfer to a serving bowl.
- 9 Fill ramekins or other small dishes with cornichons, shallots, mustard, and capers and arrange around the warm spread and toast basket.

Nutrition per serving

388
KCAL

14 g
PROTEIN

27 g
FAT

23 g
CARBS

Saturated Fat	15.6 g · 98% of daily needs
Fibre	4.1 g · 17% of daily needs
Sugar	3.3 g · 4% of daily needs
Sodium	1,030 mg · 45% of daily needs
Cholesterol	256 mg · 85% of daily needs
Vitamin C	15.1 mg · 18% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/elsas-warm-chicken-liver-spread-with-the-works-148489