



Endive with Chicken Liver Pâte and Dried-Cherry Marmalade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds chicken livers raw cleaned trimmed
- ☐ 0.8 cup cherries dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 5 heads endive white red
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon marjoram leaves fresh minced

- ☐ 0.3 cup olive oil (schmaltz)
- ☐ 2 orange zest
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 large onion yellow cut into small dice

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

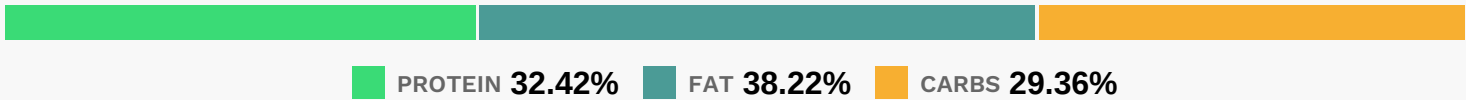
Directions

- ☐ In a small bowl, combine the cherries and red wine and let sit until the cherries have softened a bit, at least one hour and up to overnight.
- ☐ In a medium sauté pan over moderately low heat, warm the chicken fat or olive oil.
- ☐ Add the onion and sauté, stirring occasionally, until golden brown and caramelized, about 40 minutes. Increase the heat to moderately high, add the thyme or marjoram, 1 tablespoon red wine vinegar, the cherries, and the wine they soaked in. Cook until most of the liquid has evaporated, 3 to 4 minutes.
- ☐ Add the remaining tablespoon red wine vinegar and season with salt and pepper. Set aside to cool. DO AHEAD: The cherry marmalade can be made ahead and stored, in an airtight container in the refrigerator, up to 3 days.
- ☐ Arrange a rack about 6 inches from the flame of a broiler.
- ☐ Place the broiler pan or a baking sheet on the rack and preheat the broiler.
- ☐ If using chicken fat, in a small saucepan over low heat warm the fat until melted. In a large bowl, toss together the livers, about 2 tablespoons melted chicken fat or the olive oil, salt, and pepper. Arrange the livers, in a single layer, on the preheated broiler pan or baking sheet and broil for 2 minutes. Flip the livers and continue broiling until tender when pressed and pale

brown in color, about 1 minute more.

- ☐ Transfer the livers to a cutting board and let cool.
- ☐ Once the livers are cool enough to handle, coarsely chop them, making sure to leave them chunky.
- ☐ Transfer to a large bowl, drizzle with the remaining 2 tablespoons warmed chicken fat or olive oil, and gently toss to combine. Season with salt and pepper.
- ☐ Separate the endive leaves and arrange on a platter. Fill each endive leaf with about 2 tablespoons pâté, top with a dollop of cherry marmalade, and finish with a sprinkle of orange zest.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:30.219130586023%

Flavonoids

Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 9.51mg, Kaempferol: 9.51mg, Kaempferol: 9.51mg, Kaempferol: 9.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 100.18kcal (5.01%), Fat: 4.15g (6.39%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.46g (2.73%), Cholesterol: 132.22mg (44.07%), Sodium: 145.4mg (6.32%), Alcohol: 0.52g (100%), Alcohol %: 0.44% (100%), Protein: 7.93g (15.86%), Vitamin K: 218.02µg (207.64%), Vitamin A: 6365.02IU (127.3%), Vitamin B12: 6.27µg (104.45%), Folate: 357.01µg (89.25%), Vitamin B2: 0.75mg (43.83%), Vitamin B5: 3.21mg (32.13%), Selenium: 20.87µg (29.82%), Manganese: 0.5mg (25.22%), Iron: 4.27mg (23.75%), Vitamin B3: 4.07mg (20.35%), Vitamin C: 14.8mg (17.94%), Vitamin B6: 0.35mg (17.53%), Copper: 0.28mg (14.15%), Phosphorus: 140.75mg (14.08%), Fiber: 3.49g (13.95%), Vitamin B1: 0.19mg (12.97%), Zinc: 1.76mg (11.77%), Potassium: 394.08mg (11.26%), Calcium: 58.67mg (5.87%), Magnesium: 22.25mg (5.56%), Vitamin E: 0.74mg (4.93%)