



Liver Pâté



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb boston butt pork shoulder chopped
- ☐ 1 lb liver – diced trimmed (chicken, calf's, or pig's)
- ☐ 1 Tablespoons cognac
- ☐ 1 Tablespoons madeira wine dry
- ☐ 1 cloves garlic
- ☐ 0.5 onion white
- ☐ 0.3 teaspoon powdered ginger
- ☐ 0.1 teaspoon cinnamon

- ☐ 0.1 teaspoon nutmeg
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 Dash tabasco
- ☐ 0.5 lb bacon sliced

Equipment

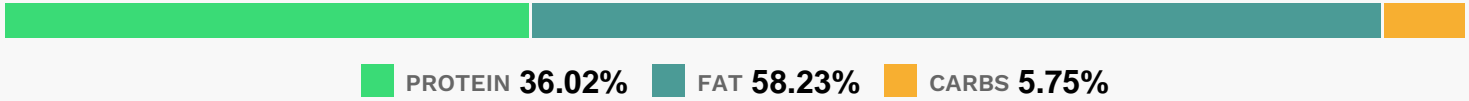
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ meat grinder

Directions

- ☐ Grind the pork: Grind the pork through a meat grinder several times on a fine setting.
- ☐ Place in a blender cognac or brandy, Madeira or sherry, garlic, parsley, shallot or onion, ginger, clove, cinnamon, nutmeg.
- ☐ Add diced livers and blend a cupful at a time. Season with salt and pepper, adding a dash of Tabasco or cayenne.
- ☐ Mix the ground pork with the blended liver.
- ☐ Layer a terrine dish with bacon and pate mixture: Line a 4x8-inch terrine with strips of bacon, fill with mixture, and cover with bacon.
- ☐ Place the terrine in a larger baking dish and fill the larger dish with water up to the halfway point on the side of the pâté dish. This "water bath" will help the pâté retain moisture and make for a smoother consistency in the texture.
- ☐ Bake uncovered in a moderate oven, 350 degrees F, for about 1 1/2 hours.
- ☐ Cool under a weight: Cool the pate under a weight so that it will become firm and fine-textured. To do this, lay a piece of waxed paper or aluminum foil over the pâté and set on top of the entire surface a board weighted with a heavy object. Chill in the refrigerator for several hours.

- ☐ Serve: At serving time bring the terrine to the table, slice, and serve with crusty French bread or rolls and a glass of wine. Also good with lettuce and tomatoes.
- ☐ Variation: Use chicken livers, pork, and sausage meat in equal quantities. See my second recipe for pâté maison.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:34.171739104001%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 255.77kcal (12.79%), Fat: 15.81g (24.32%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.33g (0.36%), Cholesterol: 197.81mg (65.94%), Sodium: 544.26mg (23.66%), Alcohol: 0.82g (100%), Alcohol %: 0.79% (100%), Protein: 22g (44%), Vitamin B12: 34.05µg (567.58%), Copper: 5.58mg (279.13%), Vitamin A: 9599.43IU (191.99%), Vitamin B2: 1.7mg (99.8%), Selenium: 38.54µg (55.06%), Vitamin B3: 10.11mg (50.55%), Vitamin B5: 4.52mg (45.21%), Vitamin B6: 0.85mg (42.39%), Folate: 167.55µg (41.89%), Phosphorus: 333.42mg (33.34%), Vitamin B1: 0.5mg (33.03%), Zinc: 3.71mg (24.75%), Iron: 3.37mg (18.71%), Manganese: 0.24mg (11.84%), Potassium: 366.66mg (10.48%), Magnesium: 22.18mg (5.55%), Vitamin D: 0.79µg (5.29%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.65mg (2%), Vitamin K: 1.92µg (1.83%), Calcium: 12.44mg (1.24%)