



Mile End Chopped Liver

READY IN



35 min.

SERVINGS



16

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds chicken livers
- ☐ 16 servings rendered chicken skin pieces
- ☐ 16 servings chives minced
- ☐ 2 bay leaves fresh
- ☐ 1 sprig thyme leaves fresh
- ☐ 1 box sieved egg (a peeled hard-boiled egg pressed through the coarse holes of a box grate or zester) pressed peeled a hardboiled egg through the coarse holes of a grate or zester
- ☐ 9 large hardboiled eggs peeled coarsely chopped
- ☐ 6 teaspoons kosher salt

- ☐ 6 cups onions chopped
- ☐ 2 large pinches pepper
- ☐ 6 to 7 scallions sliced into thin rings
- ☐ 1 cup schmaltz rendered chicken fat
- ☐ 16 servings pickled shallots
- ☐ 2.5 teaspoons quatre-epices white equal parts peppercorns, ginger, cloves and cinnamon, ground together in a coffee or spice blender

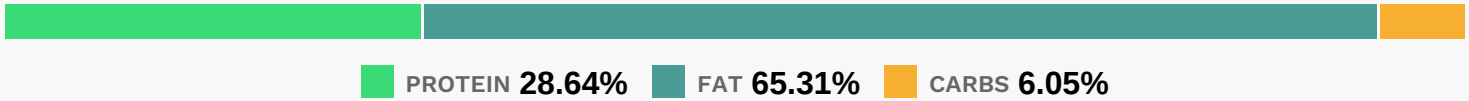
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Fry the onions in schmaltz, add the chicken livers, thyme and bay leaves and cook for 10 minutes, then let the mixture cool.
- ☐ Add the quatre-epices and eggs to the livers.
- ☐ Place the mixture in a food processor and process to a coarse consistency. Stir in the scallions and season with the salt and pepper.
- ☐ Decant the chopped liver into a serving bowl and garnish with shallots, minced chives, rendered chicken skin pieces and grated hard-boiled egg.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:37.650000178296%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

Nutrients (% of daily need)

Calories: 504.17kcal (25.21%), Fat: 36.02g (55.42%), Saturated Fat: 10.64g (66.52%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 6.07g (2.21%), Sugar: 3.06g (3.4%), Cholesterol: 398.34mg (132.78%), Sodium: 1031.53mg (44.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.08%), Vitamin B12: 10.07µg (167.87%), Vitamin A: 6683.6IU (133.67%), Folate: 368.55µg (92.14%), Selenium: 56.69µg (80.99%), Vitamin B2: 1.31mg (77.3%), Vitamin B3: 13.5mg (67.51%), Vitamin B5: 5.07mg (50.65%), Vitamin B6: 1mg (50.17%), Phosphorus: 408.69mg (40.87%), Iron: 6.84mg (38%), Zinc: 3.47mg (23.12%), Vitamin C: 18.21mg (22.08%), Vitamin B1: 0.29mg (19.51%), Copper: 0.38mg (18.87%), Manganese: 0.32mg (15.93%), Potassium: 493.58mg (14.1%), Vitamin K: 13.72µg (13.06%), Magnesium: 45.29mg (11.32%), Vitamin D: 1.47µg (9.78%), Vitamin E: 1.42mg (9.47%), Fiber: 1.44g (5.76%), Calcium: 53.17mg (5.32%)