

Liver Pâté Recipe



Ingredients:

3 tablespoons butter
1 yellow onion, chopped
½ pound Cremini or Shiitake
1 pound chicken or duck liver
2/3 cup dry vermouth
2 cloves garlic, mashed
½ teaspoon dry mustard
1 teaspoon fresh rosemary
1 tablespoon lemon juice
½ cup crème fraîche
4 tablespoons butter, softened to room temperature
Celtic sea salt to taste

Instructions:

Melt butter in a heavy skillet. Add onions and sauté, stirring occasionally for about 10 minutes, until onions are soft and then add mushrooms and sauté for another 10 minutes.

Add liver and sauté for about 6-7 minutes. Add wine, garlic, mustard, lemon juice and rosemary. Bring to a simmer and cook uncovered until the liquid has evaporated. Allow to cool.

Blend in a food processor with softened butter and *crème fraîche*. Place in a crock or mold and chill well. Serve on true sourdough bread, seed crackers or simply eat alone. *Bon appétit!*

Recipe Credit: Biodynamic Wellness