



CHICKEN LIVER PATE

INGREDIENTS

16 oz Chicken Livers	1 tbsp Fresh Rosemary
1 cup Heavy Cream	1 tbsp Fresh Oregano
2 scoops Ketologie Roast Chicken Bone Broth	1 tbsp Fresh Thyme
1 stick Grass Fed Butter	½ tbsp Coarse Ground Black Pepper
1 tbsp Dijon	½ tbsp Coarse Sea Salt.
1 bulb Garlic Cloves (about 3 tbsp minced)	1 tbsp Green Peppercorns w/ Brine
1 Medium Shallot (about 2 tbsp minced)	

PRO TIP: Marinating the chicken livers overnight in cream and hot sauce not only tenderizes the meat and adds flavor. It also removes any of the iron taste making this recipe a great introduction to nose to tail eating.

INSTRUCTIONS

Rinse off chicken livers then generously season with salt and pepper.

Marinate chicken livers in ½ cup heavy cream and 1 tbsp hot sauce overnight if possible. Discard marinade.

Next day remove the chicken liver from marinade and add to a pot with all ingredients including fresh heavy cream.

Simmer on low for about 30 minutes until livers have become fork tender.

Add mixture to a food processor and pulse until completely smooth.

Scoop mixture into ramekins, make sure to smooth out the mixture so it's flat and leave a little space at the top. Pour over melted butter so that Pate is completely covered. Place a rosemary sprig in the center of each ramekin. Chill for at least 2 hours.

Store up to 2 weeks in the fridge. Serve with veggies, pork rinds, cheese crisps or seed crackers.

Nutrition Facts	
Chicken Liver Pate	
Amount Per Serving	
Calories 147	Calories from Fat 117
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Cholesterol 133mg	44%
Sodium 325mg	14%
Potassium 99mg	3%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	12%
Vitamin A	71.4%
Vitamin C	8.2%
Calcium	2.8%
Iron	16%

* Percent Daily Values are based on a 2000 calorie diet.