

CHICKEN LIVER PÂTÉ WITH PORT

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Pâté is best eaten a day after it is made; this allows flavours to develop, but it will keep, covered, in the refrigerator for up to a week. This recipe is not suitable to freeze.

Ingredients:

500g chicken livers

½ cup port

125g butter

1 medium onion, chopped

1 clove garlic, crushed

½ teaspoon dried tarragon leaves

2 tablespoons of brandy.

1 tablespoon tomato paste

1/2 cup sour cream

125g butter, clarified

Method:

Trim and wash the livers, and cut them in half. Combine livers in a small bowl with the port, cover and stand for 2 – 3 hours.

Drain the livers and melt half the butter in a medium frying pan. Add onion and garlic, and stir constantly over medium heat for about 3 minutes or until the onion is soft. Add liver to the pan and stir constantly over medium heat for about 5 minutes or until the livers just change colour.

Stir in the Tarragon and Brandy, bring to a boil, and reduce heat to a simmer uncovered for about 3 minutes or until the livers are tender: do not over-cook or the livers will be dry and chalky

Melt the remaining butter in a saucepan. Blend the liver mixture until smooth, add tomato paste and sour cream and blend until combined. Add melted butter gradually while blending.

Pour the pate into serving dishes and garnish with sprigs of herbs or a Bay leaf, if desired: cover and refrigerate for 2 hours.

Clarify the extra butter by melting it over low heat without stirring. Let it stand for a few minutes then remove the whitish milk solids that float on top; discard the milk solids.

Carefully pour the clarified butter into a jug,

Gently pour a thin layer of clarified butter over the pâté. Refrigerate overnight.