

# Ukrainian Chicken Liver Paté

Be careful, because one pound of liver makes a lot of chicken liver paté. So, if you are the only one who eats it at home, you may end up eating it 3 times a day for the next 6-7 days. Definitely, liver paté' is an acquired taste and not many people in the New World like it. I believe it is cultural and some people still may acquire a taste for it, while others will never-ever want to try it again. Fortunately, babies do not have biases and after 17th try, they may even like a homemade delicacy. Yes, the French people love it too! The liver is rich in B vitamins, iron, protein, and vitamin K. I do recommend only livers of pasture-fed chicken as livers may accumulate more toxins and conventionally raised chicken is "rich" in arsenic and other toxins.



## Ingredients:

1 lb raw chicken livers (preferably from a local Farmer's

Market)

1 medium onion peeled and diced  
4 tbsp grass-fed butter (or ghee)  
1 tsp salt  
2 tbsp Apple Cider Vinegar  
2 tbsp fresh or dry thyme  
1 tbsp fresh or dry rosemary

Directions:

1. Melt butter in a frying pan and add diced onion and herbs (thyme and rosemary). Saute for 5-6 minutes.
2. Wash the chicken livers and add them to the onion-herb mix. Gently stir the livers and let them cook through for 10 minutes. Add sherry vinegar and cover the frying pan with a lid for an extra 5 minutes.
3. Take the pan off the stove and let the mixture cool off. When lukewarm or room temperature is reached, transfer the mixture to a blender and blend well. Never blend hot or warm mixes or liquids in a blender as heated plastic will leach the BPA into your food.
4. Put the mixture into glass dishes, cover with plastic lids and refrigerate. It lasts 5-6 days in the fridge.
5. Grab a cracker (or a piece of bread), spread a thin layer of butter and top it with a thin (or thick) layer of chicken liver pate'.