

Pate de Foies de Volaille

This dish can be served as a dip for a party or smeared onto toast or fresh bread for any occasion (some even eat it for breakfast). It makes a great snack for the liver lover... even without fava beans Mr. Lecter.



Ingredients (Serves 4-6)

Chicken Livers	1 lbs
Shallots	1/2 cup
Cognac	1 cup
Light Cream	1/3 cup
Salt & Pepper	to taste

1. In a non stick pan, sweat and brown the shallots **on low heat** with the fat of your choice until they start to caramelize.
2. Throw in the livers with salt and pepper to taste and cook for about 5 minutes. Remove the pan from the heat and let it cool down.
3. Pour liver and shallots into food processor and blend until completely smooth.
4. Add the cream and Cognac and blend. (if you want to, you can whip the cream and fold it in and you will have a mousse de foie instead of pate)
5. Taste and adjust seasoning
6. Pour the pate into pans and refrigerate (if you plan on serving the pate later, you can seal it in by pouring melted butter on top so it will keep for a few days)

Side Suggestions

Fresh country bread, butter, or toast and pickles will make a perfect match for the pate. You can also eat it with a spoon if you are in the mood.

Wine Pairing Suggestions

Serve this dish with any one of our white wines.

