

Speckled Pate

Yield: 8 servings

Ingredients:

4 slices bacon
up to 4 tablespoons unmelted butter (optional)
2 medium onions, coarsely chopped
1 pound chicken livers, trimmed and halved
½ teaspoon each, dried rosemary and thyme, crumbled
3 tablespoons brandy
4 hard-cooked eggs, chopped
salt and freshly ground black pepper to taste
2 tablespoons fresh parsley, chopped (optional)

Procedure:

In a medium skillet, cook bacon until deep brown and crumbly. Remove, crumble bacon and place on paper toweling for later. Drain drippings from skillet into small heat-proof container and measure; add back to the skillet 4 tablespoons of drippings, if available, or add the drippings and enough butter to equal 4 tablespoons. Saute onions in skillet until translucent and add chicken livers, rosemary and thyme. Cook mixture for about five minutes over medium-high heat, stirring constantly, before adding the brandy; then, cook two or three minutes longer, stirring constantly and scraping up any browned bits. Transfer mixture, including pan juices, to a food processor and puree until smooth. Place pate in a mixing bowl, add the bacon and eggs, season to taste with salt and pepper, cover, and refrigerate several hours or overnight. Serve in a decorative crock garnished with chopped parsley, if desired.

about
240 calories
and
13 grams of
fat per serving

A serving (one-eighth of the recipe) of Speckled Pate also contains one-third of the daily recommendation for iron and a full day's supply of vitamin A.

NDSU Agriculture Communication



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