

Charlie Carrington,
AUSTRALIA

CHICKEN LIVER PATE

Chicken liver pate is nutritious and inexpensive - we should all be eating more of it! And now we all can because we have this super simple and delicious recipe from chef Charlie Carrington.

Traditionally, pate is tricky and time-consuming. This Thermomix method is fast, simple and foolproof. I know you're going to love it.

Makes: about 4 cups

Time: 15 minutes, plus 2 hours cooling time



INGREDIENTS

500 grams (17.5 oz) chicken livers, washed in cool water
35 grams (1 oz) fresh ginger
2 cloves garlic
20 grams (0.5 oz) sugar
10 grams (0.3 oz) fine salt
6 eggs
500 grams (17.5 oz) unsalted butter, diced



METHOD

1. Place livers, ginger, garlic, sugar, salt and eggs in mixing bowl. Cook **8 min/90°C (195°F)/speed 6**.
2. Once the mixture starts to split and thicken (you'll hear the sound change to more of a chopping sound) stop it from mixing. This may happen before the time has elapsed. Add the butter and blend **1 min/speed 10**.
3. Transfer mixture to a tray or large container to cool in the refrigerator.

To serve, spoon or pipe onto bread, or into ramekins. Serve with crackers, bread, cornichons or salad.

Tips

- Use quality free-range chicken livers that look bright and unblemished.
- Be extra-chefy by passing the hot mixture through a fine sieve before cooling. (Chefs do this to ensure it's extra smooth but it's not really necessary!)
- Pate keeps for five days in the refrigerator; ensure that it's airtight by drizzling a little melted butter or olive oil over the top, or pressing baking paper or clingwrap onto the surface.
- Pate can be frozen for up to three months; ensure it's tightly wrapped to prevent freezer burn. You can freeze it in silicon moulds so it defrosts in nice, neat shapes for an antipasto platter.



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Variations

• Charlie loves Chinese flavours, which is why he uses ginger. You can replace the ginger with other flavourings.

Try one of the following or mix and match:

- 2 tbsp brandy or cognac
- 1 tsp ground pepper
- 2 tsp fresh or dried thyme
- 1 tsp ground ginger
- 1 tsp allspice
- pinch nutmeg



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Makes: about 4 cups



SHOPPING LIST:

- Chicken livers (500 grams / 17.5 oz)
- Ginger, fresh (35 grams / 1 oz)
- Garlic cloves (2)
- Sugar (20 grams / 0.5 oz)
- Fine salt (10 grams / 0.3 oz)
- Eggs (6)
- Unsalted butter (500 grams / 17.5 oz)



NOTES & TIPS: