

CHICKEN LIVER PATE

1 lb organic or naturally raised chicken livers
1 lemon, juiced
2 eggs, hard boiled (10 min)
1 onion
2 Tbs butter or ghee
3 Tbs fresh sage or 2 tsp dried sage
1 tsp celtic sea salt

Cut liver in small cubes, removing the tougher parts. Place in shallow bowl, add lemon juice, cover and place in the refrigerator for 2 – 8 hours or overnight. This will remove some of the strong “liver” taste.

Sautee onion in 1 Tbs butter or ghee on low heat for 10 – 15 min. Add sage and cook another 5 min. Remove onion from pan and place in food processor.

Heat 1 Tbs butter and sautee chicken livers until no longer pink from the outside and very slightly pink inside (5 – 8 min). Do not over-cook.

Place liver and juices in the food processor. Add salt and hard boiled eggs. You may add more butter at this stage.

Process for a few seconds, scrape bowl and process again.

Store in 1 cup mason jars with lid. Make a large batch and freeze in smaller containers. Label with date.

Enjoy on Sourdough bread, gluten free crackers or cucumber slices.

Is liver dangerous?

In spite of widespread traditional and abundant scientific evidence on the health benefits of liver, conventional nutritionists and government agencies now warn against its consumption. The putative dangers of eating liver stem from two concerns – the assumption that liver contains many toxins and the high level of vitamin A it provides.

One of the roles of the liver is to neutralize toxins, but the liver does not STORE toxins. The liver is not a storage organ for toxins but it is a storage organ for many important nutrients. (vit A,D,E,K,B12, folic acid, copper and iron). These nutrients provide the body with some of the tools it needs to get rid of toxins.

Of course, we should consume liver from healthy animals. The best choice is liver from animals that spend their lives outdoors on pasture. The next choice is organic chicken, beef and calf’s liver. If supermarket is the only option, the best choice is calf’s liver.

As for concern about vitamin A, these stem from studies in which moderate doses of synthetic vitamin A were found to cause problems and even contribute to birth defects. But natural vitamin A found in liver is an extremely important nutrient for human health and does not cause problems except in extremely large amounts.

A good recommendation for liver is one 100 gram (about 4 oz) serving of beef, lamb, bison or duck liver once or twice per week, providing about 50,000 IU vitamin A per serving. Chicken is lower in vit. A and may be consumed more frequently. If you experience headaches or joint pains at this level, cut back until symptoms go away.

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