



Sugar Apple

Posts From The Caribbean

Chicken Liver Pâté

A hint of anchovy is my secret weapon in the kitchen. Just a touch added to stews or sauces lends a salty depth and adds dimension with no fishy flavor whatsoever. Try adding a little anchovy the next time you make devilled eggs. I didn't have the anchovy paste in a tube so I used Patum Peperium's Gentleman's Relish, an anchovy paste that Bones loves to spread on hot buttered toast.

1 pound chicken livers
1 1/2 sticks (6 oz.) unsalted butter, at room temperature
2 small shallots, peeled and minced
1 small clove garlic, peeled and minced
2 or 3 sprigs fresh thyme, leaves only
2 teaspoons anchovy paste or Gentleman's Relish
2 tablespoons brandy or cognac
1/2 teaspoon freshly ground black pepper
clarified butter for sealing the pâté (optional)
fresh thyme sprigs for garnish

Melt 3 tablespoons of the butter in a heavy sauté pan over medium heat. Add the chicken livers and fry gently until they're almost cooked through but are still a little pink in the middle. Transfer the livers to a food processor. Melt another 3 tablespoons of butter in the same pan and cook the shallots and garlic until they're soft. Stir in the thyme and anchovy paste and cook for 2 minutes, then stir in the brandy or cognac and the black pepper. Scrape the shallot mixture into the food processor and add the remainder of the butter. Process until the pâté is smooth and silky.

Transfer the pâté to one large or several small bowls or ramekins for serving. Set aside for half an hour to let the pâté cool down and firm up a bit. Cover the pâté with a layer of melted clarified butter (this is optional if you're going to serve the pâté within 24 hours). A few sprigs of fresh thyme pressed into the butter make a pretty garnish. Serve with crackers, toast points or slices of crusty baguette.

<http://www.abigailblake.com/sugarapple>

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