

Book Review: The Ultimate Paleo Cookbook (5-Minute Chicken Liver Pâté)

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 1.1 g, Fiber: 0.2 g, **Net carbs: 0.9 g,**

Protein: 17.2 g, Fat: 39.4 g, Calories: 425 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 1 serving)

100 g sautéed chicken livers, preferably leftover, cooled (3.5 oz)

3 tbsp butter, softened (45 g/ 1.6 oz) - *you could also use ghee*

1 tsp fresh herbs, chopped (thyme, oregano, sage,)

sea salt and black pepper to taste

Optional for serving: sliced radishes, cucumber or crackers (I'd serve it with vegetables, my keto bread, breadsticks or crackers)

Optional: duck fat, tallow, schmaltz, ghee or coconut oil on to to seal the pâté

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Instructions

1. Take all the ingredients and place them in the blender.
2. Blend everything until a smooth paste has formed, then serve with sliced radishes or crackers. Store in the fridge for up to 2 days. This recipe can be found on page 150.

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I made 4 servings (batches). To keep it fresh for longer, I used leftover tallow from making keto bone broth and poured it on top of the chilled pâté. Pâté that is sealed with a fat layer on top will last up to 3 months in the fridge. If you don't plan to eat it all in the next few days, it's better if you use single-serving containers.

You can win a copy of The Ultimate Paleo Cookbook. Just follow the instructions below and wait for the one lucky winner to be picked in a few days! :-)

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