

Healthy Low-Carb Chicken & Bacon Pâté

Hands-on 30 minutes Overall 2 hours 30 minutes



Nutritional values (per serving, 2 heaped tbsp/ 45 g/ 1.6 oz): Total carbs: 2 g, Fiber: 0.4 g,

Net carbs: 1.6 g, Protein: 5.3 g, Fat: 15.8 g, Calories: 171 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 12 servings)

- 250 g chicken livers, preferably free range (5.3 oz)
- 125 g butter or ghee (4.4 oz)
- 4 slices bacon, chopped, preferably smoked (120 g/ 4.2 oz)
- 1 large yellow onion, chopped (150 g/ 5.3 oz)
- 2 cloves garlic, crushed
- handful of fresh chopped herbs such as sage, thyme and oregano
- 1 tbsp fresh orange zest - *you can also use a few drops of orange oil, or 1/2 - 1 tsp orange extract or Cointreau*
- 1/2 tsp freshly ground black or preferably white pepper
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- sea salt, to taste
- Optional:* about 1/4 cup melted ghee to cover the top

7. Refrigerate for approx. 2 hours to firm the pate up. You can also add a layer of melted ghee to seal the top. This will keep the pate fresh for longer.
8. Serve with crispy vegetables, as a dip with [Keto Crackers](#), or spread on top of [Keto Bread!](#) Store, well covered in the refrigerator for up to 5 days. Can also be frozen.

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Instructions

1. Trim the chicken livers of any sinew.
2. Melt butter in frying pan and add onion, sauté gently until translucent. Add bacon and herbs and cook until bacon is done.
3. Place livers in pan and cook over a gentle heat until cooked. You want the livers to be just slightly pink in the centre but without any fluids seeping out. You will get juices in the pan, but this is normal, just make sure that they're not oozing out of the liver still. Don't overcook them or they'll be grey and the texture will be grainy.
4. Once cooked, remove from heat and sit aside to cool. Add the orange or Cointreau and stir through, along with your salt and pepper.
5. Once cool, transfer the mixture to a food processor and blitz until smooth. Pass it through a sieve, for a super smooth finish.
6. Place the finished pate in the blender with about 1/4 cup of pouring cream and blend well, tasting and adding more cream as required, for a lighter tasting and fluffier textured finished pate. Season with salt to taste (or skip).