

# CHICKEN LIVER PÂTÉ

Poaching the chicken livers for no more than 5 minutes is the key to maintaining the nutrients and flavor!

## *ingredients*

- 4 large onions, thinly sliced
- ¼ cup coconut oil
- Salt and freshly ground black pepper
- 1 ½ pounds chicken livers, trimmed
- 2 small carrots, cooked 2 large eggs, hard boiled 1 pinch nutmeg

## *directions*

Sauté onions in half of the fat until caramelized, about 30 minutes. Remove half and set aside. Add the remaining fat and continue cooking until onions are crispy. Set aside for garnish.

In a small pot of salted simmering water, poach the chicken livers.

Puree the livers, carrots, eggs and onions until smooth. Season with salt and pepper. Add nutmeg.

Pack into a serving dish and smooth the top. Cover and refrigerate for at least 2 hours.

Garnish with the crispy onions.