

Chicken Liver Pate

INGREDIENTS

250 g Chicken livers
125 g Coconut oil (or Butter)
50 ml Chicken stock
50 ml Coconut milk (Cream)
1 Onion
1-2 Cloves garlic
4 rashers of bacon
Salt and pepper

METHOD

Fry onions and bacon until soft. Add livers and garlic and fry for about 5 minutes. Add stock and coconut milk and reduce down over medium heat. Add salt and pepper. Blend until smooth and spoon into glass dish. Add a bay leave on top and pour extra melted coconut oil (butter) over pate. Cool down and enjoy.

Store in airtight container in fridge for a week.



FROM THE  OF: Cornia