Nick’s Organic Farm

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**Nick’s Grass-Fed Beef Liver Paté**

We have gotten great reviews from restaurant chefs and our customers on this grass-fed beef paté recipe.

It yields four cups. In sealed containers, this paté can be stored in the refrigerator for several weeks or frozen for future use. Cut the recipe in half for two cups.

Ingredients

2-2.5 lb. grass-fed beef liver, trimmed and cut into 1-1.5” cubes

3 large sweet onions, cut into thin wedges

¼ cup fresh rosemary, finely chopped OR 2 Tbsp freshly crushed dry rosemary

¼ cup fresh chopped thyme OR 2 Tbsp freshly crushed dry thyme

½ cup fresh chopped oregano OR marjoram, OR ¼ cup freshly crushed dried oregano or marjoram

1 tsp finely chopped fresh sage OR ½ tsp ground sage

4 cloves of garlic, chopped or crushed

¼ -½ tsp freshly ground black pepper OR add to taste

¼ pound of butter (1cup)

3 Tbsp olive oil (optional, for sautéing the onions)

¼ cup cognac

¼ cup sweet port OR sweet sherry OR sweet Marsala

¼ cup dry port OR dry sherry OR dry Marsala

1 Tbsp aged real balsamic vinegar

Cooking Instructions

Add a small amount of butter or olive oil, or use a mix of the two as I do, to coat a sauté pan over medium-low heat. Add onions, garlic, and all herbs. Cook slowly, stirring frequently to avoid burning and sticking, until onions are caramelized, i.e., until they turn translucent and then a deep brown color. Add more olive oil or butter, if necessary, to keep the onions moist and prevent sticking. This slow cooking process will reduce the volume of the onions to less than a quarter of the original and could easily take 45 minutes. I usually start the onions cooking, and then proceed to prepare the garlic and herbs, adding them as they are ready.

Then I begin trimming the liver to remove the thin greyish skin on the edges and any tough grizzle that may be visible or become evident as you slice up the liver. Removing these parts is not absolutely necessary, but it will make your paté much smoother—avoiding any small chewy bits of grizzle. Cut the liver into 1 to 1.5-inch cubes. By this time the onions should be close to done.

Once the onions have reached a medium brown, add all the liver, the sweet and dry sherry, cognac, and aged balsamic vinegar at one time, increasing the heat so that the liver will cook completely in about 5-8 minutes, stirring and turning frequently. The liver should be just slightly pink in the center and still moist when it is done. Over-cooking can make the liver tough and dry it out. Taste, add more sweet sherry or balsamic vinegar to increase sweetness or more cognac or dry sherry to increase the fermented grape flavor to taste.

Remove immediately from the sauté pan to stop the cooking and place in a blender with a chopping blade. As you blend, add the remaining butter, about one stick, and continue blending until smooth. Taste as you go. Add salt to taste, if you like.

Serve warm with bread or crackers, or put into covered terrines and refrigerate for later. It can also be frozen.

Variations

Increasing the butter slightly while chopping will make a stiffer paté when cooled. Adding liquid or using all fresh herbs (which absorb less of the liquids) will make it less stiff.

Using all sweet wine (instead of some dry wine) and increasing balsamic will increase the overall sweetness. Using some red wine vinegar instead of or in addition to balsamic will make it more tart.