Nick’s Organic Farm

Potomac and Buckeystown, MD

[www.nicksorganicfarm.com](http://www.nickorganicfarm.com)

[nicksorganicfarm@comcast.net](mailto:nicksorganicfarm@comcast.net)

301-983-2167

**Tory's Grass-Fed Beef Liver Paté**

If you make the following recipe, you can always freeze whatever amount you don't think you'll eat right away.

Ingredients

1 pound grass-fed beef liver

2 large onions, chopped

1 clove garlic, chopped

3 Tablespoons of olive oil

¼ cup Worcestershire sauce

¼ - ½ cup good quality sweet sherry or sweet Marsala

¼ cup butter

Cooking Instructions

Trim the light-colored film off the edge of the liver slices and cut out any air pockets with their touch skins. This skin is thin and flexible raw, but it becomes tough when you cook it. Cut the liver into 1" x 1" pieces.

Sauté the onions and garlic in the olive oil on low heat for a long time until the onions are caramelized. Add the Worcestershire sauce, sherry and liver and cook on low to medium heat until the liver is just a little firm. Do not overcook. I put it in a Cuisinart machine and blend it with a half stick of butter cut in 1-inch pieces. Blend until smooth. I taste it at this point and add more Worcestershire sauce or sherry to taste. The Worcestershire sauce will give it a slightly hot spicy taste. The sherry will give it a nice flavor but it can get a little too sweet if you add sweet sherry.

Serve with bread or crackers. You might want to try it with rice crackers or rye crackers. If you serve it immediately, it will be quite soft and a little warm, or you can refrigerate it and it will get firm.