

CHICKEN LIVER PATE

INGREDIENTS:

- 3 cup of pure revitalized or spring water**
- 1 lb/500g of organic chicken livers**
- 1 large red onion** (thinly sliced)
- ¾ cup of unsalted butter or ghee**
- 1 Tbsp of sherry, cognac, or port**
- ½ tsp of *Celtic* sea salt**
- ⅛ tsp black pepper**
- ⅛ tsp cayenne pepper**

DIRECTIONS:

Combine the water, chicken livers, and sliced onion in a medium saucepan. Bring to a boil, reduce heat to low, and cover. Simmer for about 20 minutes, or until the liver is cooked and tender. Remove from heat, drain, but do not discard the onions.

Place cooked livers with onions in a food processor and process until smooth. Add the Sherry/Cognac/Port, butter, salt, black pepper, cayenne pepper, boiled chicken; pulse to blend. Chill for 1 hour before serving.

Do not over cook.

ENJOY this nutritious pate on gluten free rice or JillZ crackers.

Serves 4-6

Use **organic** ingredients only

Suitable for ALL blood types

Chicken Livers are a nutritious source of protein, iron, zinc, potassium, selenium, phosphorus, vitamins A and B, such as B-12, folate, and choline. They help prevent anaemia, maintain a strong immune system, and rebuild a weakened body after surgery or illness. Chicken livers also help maintain proper brain function, good eyesight, and healthy mucous membranes (mucosas). Their high fat and cholesterol are not the problem they were once thought to be. Always buy organic to avoid the toxins that factory farm animals are exposed to.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India.

Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the Allium family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.