

Elizabethan Chicken Liver Pate

Yields 1 and half cups

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1 pound of Chicken livers
1 Quart of salted boiling water
1 tablespoon of bread crumbs
2, eggs both lightly beaten
Three quarters of a teaspoon of freshly grated nutmeg
One eighth of a teaspoon of freshly ground pepper
Salt to taste
1 tablespoon of melted beef suet or rendered Chicken fat
Garnished with Currants, bay leaves and whole wheat toast

- 1) Plunge chicken Livers into boiling water. Cover and cook over the medium heat for 10 minutes.
- 2) Drain Livers. Push them through for the fine blade of a food grinder/mill or pound them into a paste with a mortar and pestle.
- 3) In a bowl, combine remaining ingredients.
- 4) Add mixture to ground liver and stir to distribute evenly
- 5) Place 'pudding' in a small serving and chill for at least 2 hours.
- 6) Before serving plant a few bay leaves in the 'pudding' and scatter currants around them.
- 7) Serve with small squares of whole wheat toast

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