



Ox Liver Paté with Balsamic Onions

As a great starter wow your friends.

Serves: 4

Prepare: 10 Minutes

Cook: 1 Hour

Difficulty: easy

Ingredients

- 500g [organic ox liver](#)
- 3 onions, finely diced
- 2 garlic cloves, grated
- 1 tsp salt
- 1 tsp allspice
- ½ tsp pepper
- 2 tsp whipping cream
- 1 tsp brandy
- 4 fresh sage leaves
- 2 tbsp olive oil
- 150g butter
- 1 cup balsamic vinegar
- [sourdough bread for serving](#)

Method

1. To make your balsamic onions, drizzle 1 tbsp of olive oil over a medium-hot pan, and add 2 of the finely diced onions. Add 1 tsp salt and cover, sweating the onions for 10 minutes before adding your balsamic vinegar and cooking for a further 10 minutes, or until the balsamic is syrupy
2. To make your pate, preheat your oven to 110C. Put your butter in an ovenproof pan and pop it in the oven to slowly melt for 10 minutes until it separates. Strain the yellow clarified butter into a separate bowl and set aside to cool. Discard the remaining milky-coloured butter
3. Heat your oil in a pan over a medium heat and gently fry your remaining onion and garlic for roughly 10 minutes or until soft and taking on a golden colour. Once tender remove from your pan and place in your blender
4. Wipe your pan with a clean cloth or kitchen roll and turn up your heat. Place your organic ox livers in your pan and briefly cook on each side until lightly covered before pouring in your brandy and frying for a minute or so. Try and keep your livers pink in the middle to ensure they have a smooth texture when blended
5. Tip your pan contents into your blender along with the onions and garlic, salt, pepper, allspice, sage, and whipping cream. Blitz until you have a smooth puree
6. Spoon your pate into a dish and cover with the clarified butter
7. Serve on griddled slices of ciabatta or sourdough