

# Grass-Fed Beef

## LIVER PATE

\*This recipe is sourced from [Lily Nichols](#)



## Ingredients:

- 1 lb grass-fed beef liver (or pasture-raised chicken liver)
- 1 Tbsp arrowroot powder
- 4 Tbsp ½ stick butter (from grass-fed cows)
- 1 medium onion, sliced
- ½ tsp salt
- ½ tsp dried thyme
- pinch of black pepper
- 4 oz heavy whipping cream (ideally from grass-fed cows)

## Method:

1. With a paper towel, pat any excess moisture off the liver. Sprinkle with salt, thyme, pepper, then the arrowroot powder (arrowroot is a gluten-free alternative to flour).
2. Heat a large cast iron skillet over medium heat. Add butter.
3. Cook liver until lightly browned on both sides. Transfer to the food processor.
4. Meanwhile, add onions to the skillet. Cook until lightly browned and soft.
5. Add heavy cream to deglaze the pan (scraping up any caremelized bits with a metal spatula).
6. Transfer contents of pan to the food processor.
7. Process/pulse until you have a nice, thick pate. Taste test and add additional salt if needed.
8. Transfer to small mason jars, ensuring no air bubbles are present. Use within 1 week or freeze jars for later use.