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## ***Liver Pate GF-DF***

### ***Ingredients:***

- 3 tbsp Spectrum butter flavored or plain shortening (palm oil) or lard
- 1 pound chicken or duck livers
- ½ pound mushrooms, washed, dried and coarsely chopped
- 1 bunch of green onions, cleaned and chopped
- ⅔ cup dry white wine or sake
- 1 clove garlic, mashed
- ½ teas dry mustard
- ¼ teas dried dill
- ¼ teas dried rosemary
- 1 tbsp fresh squeezed lemon juice
- ¼ cup Spectrum butter flavored or plain shortening (palm oil) or lard
- Sea salt to taste

### **Directions:**

1. Melt palm oil or lard in a heavy skillet.
2. Add livers, onion, and mushrooms. Cook, stirring occasionally, for about 10 minutes until livers are browned.
3. Add wine, garlic, mustard, lemon juice, and herbs.
4. Bring to a boil and cook, uncovered, until the liquid is gone.
5. Allow to cool.
6. Process in a food processor with softened palm oil or lard.
7. Season to taste.
8. Place in a crock or a mold and chill well.
9. Serve with gluten free toasted triangles or crackers.