

Healthy Tasty Pork Liver Pate



This is very rich and creamy paste but surprisingly reduced cholesterol type since it is made with Japanese quality white Miso paste instead of cream cheese that is usually contained in Pate for adding creaminess and richness. Also another pleasant point is we can expect a great effect on our digestive system because Miso is fermented condiment and Koji (麹) that is a kind of yeast prepared from rice or soy beans activate our intestine. Please make sure to remove blood as much as you can and decently marinate with brandy over night.

<Ingredients (4 serves)>

400g Pork liver

4 cloves Garlic (sliced)

1/2 Medium yellow onion (sliced into wedge)

100ml Brandy

1/2 tsp Sea salt

2 Bay leaves

1-1.5 heap Tbsp White Miso paste*

1 Tbsp Thick cream

1 tsp Nutmeg powder

3 Tbsp Butter

*The saltiness & sweetness balance depend on brands, so it is better to start adding little by little.

<Method>

1. Marinate

Slice the liver into 3 x 3cm around and put into a clean plastic bag and pour cold water until all soak. Seal the bag and keep in a fridge for 3 hours. Transfer from the fridge and sieve water. Gently scrub under cold running water aiming for push out remaining blood in vessels.

Wipe off any water and place into a flat container. Drizzle 50ml of brandy over, and add sea salt and bay leaves. Mix well and keep in a fridge over night.

2. Cook

Put the butter in a frying pan and heat. All butter melt, add onion and garlic and stir until nicely brown (make sure not to be burnt). Dredge the liver and wipe off excess water and add to the frying pan. Stir fry on medium heat until the surface is cooked. Drizzle 50ml of brandy over and put a lid on. Simmer for 10 minutes on low heat or until thoroughly cooked.

3. Mash

Transfer the liver and remaining juice in the frying pan into food processor or grinder and mash until the paste is smooth. Add white Miso paste (as mentioned earlier, adding little by little is better), thick cream and nutmeg. Adjust with white Miso paste if you need. Keep in fridge up to 4 days.