
Grandma's chopped chicken liver pâté

This recipe is intended for those who hate liver. Everyone likes eating this stuff.

Cook chicken livers until tender (perhaps w/ garlic)
Cool, grind finely but not mush
Add chopped hard-cooked eggs
Minced onion, real fine (almost grated)
Salt
Pepper
Mayonnaise (or sour cream could work according to Grandma)
Minced pimento olives or other pitted olives, maybe with pimento bought separately if needed

Use a loaf pan, like a meatloaf pan, butter inside a little
Then press into pan by hand

Chill it and it will firm up enough to make slices

Eat with Ritz crackers or something like that

Don't grind pimento very much (important to see the color)

A knife can be used to chop pimento (if separate from olives)

Actual mixing of all ingredients together should be done by hand

A strainer could be used to drain individual ingredients if they got too soupy

My notes:

I was the one to ask about possibly using a strainer and Grandma said that might be a good idea, if they got too “soupy.” I also asked about putting pecans on top and she said “probably walnuts.”

I've had success getting people who hate liver to eat this, and this may be because I used a lot of olives.

It's important not to use canned olives (since canned vegetable matter contains methanol—see Dr. Woodrow Monte's handout about methanol-containing foods: www.whilesciencesleeps.com/monte-diet/). If I'm not mistaken, the olives in the WAPF shopping guide are lactofermented and not canned, so they would be fine (but please verify this). How about a WAPF-compatible substitute for the Ritz crackers? And for those who are gluten-free: organic cassava flour can be used to make crackers resembling them. If mayonnaise is used it should be homemade with non-fraudulent olive oil—which hasn't been cut 50% with vegetable oil like 75–80% of that sold on American store shelves. Olive oil found in the WAPF Shopping Guide should be real.