

Chopped Chicken Liver



Ingredients

5 tablespoons schmaltz or vegetable oil, plus more as needed

1 1/2 pounds yellow onions (about 4), cut in rounds

1 clove garlic, minced

1 pound chicken liver (see note below)

2 tablespoons brandy or cognac

2 tablespoons chicken stock

1 bay leaf

1/4 teaspoon hot paprika

Leaves from 1 branch of thyme

Salt and freshly ground black pepper to taste

2 large eggs, hardboiled and peeled

2 tablespoons chopped parsley, or to taste

Dark pumpernickel bread, to serve

Directions

1. Put 2 tablespoons of schmaltz into a large heavy-bottomed frying pan set over medium heat. Add the onions and garlic and cover the pan. Once the onions start sizzling, lower the heat and continue cooking, covered, for about 20 minutes, stirring occasionally. Then cook, uncovered and stirring frequently, over medium-high heat for about 20 more minutes, or until the onions are brown and caramelized.

2. Meanwhile, rinse the livers and remove the veins, then pat dry. Warm 2 tablespoons of the schmaltz in a small frying pan set over high heat. Add the livers and sear on all sides, then lower the heat to medium-high and add the brandy or cognac, chicken broth, bay leaf, paprika, thyme, salt, and pepper. Continue cooking, stirring often, for about 3 to 5 minutes, until the livers are just barely pink inside. Remove the livers from the heat until the onions are done cooking, and discard the bay leaf.

3. When the onions are caramelized, add the livers to the onions and cook for 1 minute, just to warm through. Then, using a hand chopper or a food processor fitted with a steel blade, finely chop the livers and onions with the eggs, parsley, and the remaining tablespoon of schmaltz. Adjust seasonings to taste and serve on dark pumpernickel bread.

Yield: About 2 cups chopped liver

Note: You can also prepare this recipe using kashered livers, which are already broiled, thus removing all blood from them. Follow the directions above but only rinse the livers and pat dry before briefly searing to warm through. Add more schmaltz to your taste as the livers will be drier than if you use raw livers.