

Liver Pate

Beef Liver

Bacon – 3 slices cooked

Spanish Onions – 2 large, sliced

Garlic – 4 cloves, crushed

Onion Powder – 2 Tbsp

Thyme – 2 Tbsp

Himalayan Rock Salt – 1 Tbsp

1. Fry bacon in cast iron skillet on grill. Set aside until cool
2. Use bacon grease in skillet to fry onions and garlic. Cook until they start to become soft (do not overcook them)
3. Add beef liver to frying pan
4. Brown liver on each side, but do not cook until well done (overcooking liver will not allow for smooth texture)
5. Let mixture cool and place in food processor
6. Add spices, salt and bacon
7. Pulsate on high until you get the desired texture (I prefer the consistency of salsa, but some people like it smoother)
8. Serve with crackers