Grandma Sadie's Chopped Liver

Description

There's no better chopped liver than the way Grandma made it. Here's an authentic chopped liver family recipe from Grandma Sadie.



Summary

Yield: 8
Prep Time: 30 minutes
Category: Appetizers
Cuisine: Jewish

Ingredients

- 3 hard-boiled eggs, chilled
- 3 large brown onions, chopped
- 1 clove garlic
- 1/3 cup vegetable oil
- 1 lb chicken livers
- 2 tsps kosher salt
- 1 tsp fresh ground black pepper

Instructions

In a food processor, pulse hard-boild eggs until coarsely chopped. Transfer to a large bowl, cover with plastic wrap and chill until ready to use.

Heat oil in a 12-inch heavy skillet. Add onions and garlic and cook, stirring occassionaly, at moderately low heat until onion is golden, about 15 to 20 minutes.

While onions are cooking in the skillet, rinse and trim the chicken livers. Pat dry to remove excess moisture. Cut any large pieces in half. Add chicken livers to the skillet and increase heat to moderately high. Sauté, stirring occasionally, until livers are just cooked all the way through about 8 to 10 minutes. The chicken livers should not be pink in center. Transfer mixture (including oil) to a shallow plate and cool to room temperature, about 20 minutes.

In a food processor, pulse chicken liver mixture until coarsely puréed. Add liver mixture, salt and pepper to eggs and stir until combined. Cover and chill at least one hour. Season with a bit more salt just before serving.

Makes about 3 cups of chopped liver.

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Notes

Traditional chopped liver calls for schmaltz (chicken fat) in the skillet when you sautee the chicken livers and onions. In the spirit of a little healthier chopped liver (might be an oxy-moron), you'll get pretty close to the flavor with the vegetable oil. But if you really want the real deal, use some schmaltz. After all, you're not going to eat chopped liver that often, so why not live it up.

You can keep chopped liver up to 3 days in the refrigerator.