

Beef Liver Paté with Strawberries, Basil and Balsamic - by Healing Family Eats

*If you can't find beef liver, try chicken liver instead, or duck liver, or lamb liver. Just make it!!
(makes about 4 cups)*

3 tbsp lard or beef tallow, divided + more (see below) *
1 large red onion, thinly sliced
2 lb (900g) pastured beef liver, sliced
6 oz (170g) strawberries, halved
1/2 packed cup basil leaves
1 tbsp good syrupy [balsamic vinegar](#) **
1-1+1/2 tsp [sea salt](#)

Heat 2 tbsp of the lard in a large sauté pan and add the onions. Sweat on a gentle heat for approx 10-12 minutes, until softened and translucent. Next add the liver, turn the heat up to medium and cook a further 8-10 minutes until there is no blood to be seen and it feels firm to the touch.

Turn the heat back down to the lowest, add the basil leaves and strawberries and continue cooking the briefest of time until the leaves have wilted and the strawberries have softened slightly. Turn off the heat, add the balsamic vinegar, stir well to amalgamate and set the pan aside to cool for a few minutes.

Transfer the liver ingredients to a food processor, fitted with the 'S' blade. Add the remaining tbsp lard and a tsp salt. Blitz until smooth, tasting to see if it needs more salt. Spoon into jars and refrigerate when cold.

* The paté will keep longer if you seal it with a layer of fat. I prefer to use lard which stays soft at fridge temperature, whereas tallow goes very hard. What ever you decide to use, add an extra 3 tbsp melted lard per jar.

* Balsamic vinegar is listed in the GAPS 'Foods to Avoid' category but only because of the sugar it can contain. To ensure your balsamic vinegar is GAPS legal, you should buy a good quality one that has been aged (at least 10 years). If you're feeling ultra adventurous you can even make your own. <http://www.breakingtheviciouscycle.info/legal/detail/balsamic-vinegar/>.

