

## *Pates*

GREEN BEAN PATE  
BROCCOLI PATE  
PATE OF HALIBUT WITH WATERCRESS SAUCE  
SARDINE PATE WITH LEMON AND PARSLEY  
SHRIMP PATE  
LIVER PATE  
CHICKEN LIVER PATE WITH DRIED CURRANTS  
PORK LIVER PATE WITH CARAWAY SEEDS

## *Herbed Pates*

HERBED CHICKEN PATE  
LEMON AND PARSLEY CHICKEN PATE  
HERBED LAMB PATE  
HERBED PORK PATE  
VEAL PATE WITH LEMON AND THYME

## INTRODUCTION

Pates are my favorite form of meat: for breakfast with buttered toast and a glass of orange juice, for lunch with a salad and cornichons, for dinner with a cheese board and a glass of wine, and, oh yes, for picnics.

I use very little butter and no pork fat (except for an occasional piece of smoked bacon) in my pates; I use creme fraiche instead. The pates produced are leaner than traditional pates (only half the calories) and creme fraiche lets the flavor of fresh herbs come through: it insinuates without imposing.

## **GREEN BEAN PATE**

SERVES 4

*2 one lb cans green beans (no salt added), or 2 lbs fresh green beans*  
*1 cup creme fraiche*  
*1 seven oz Gouda cheese*  
*2 tsp gelatin*  
*salt and pepper to taste*

### ***Sauce***

*6 oz creme fraiche*  
*2 oz smoked ham*

1. If you are using fresh beans, clean and cook them. Cool them. If you are using canned beans, drain them reserving 1/2 cup of their liquid.
2. Coarsely chop 6 to 8 beans. Set aside. Puree the rest of the beans to a paste in a food processor.
3. Empty the puree into a cloth-lined colander set over a bowl. Drain the puree to a dry paste. Save 1/2 cup of the liquid drained from the beans.
4. Shred Gouda. Return beans to the processor. Add the creme fraiche and the cheese. Process until well blended.
5. Add the gelatin to the 1/2 cup reserved liquid. Allow the gelatin to soften,

- and then melt over a low heat. Add to puree. Process to blend well.
6. Add salt and pepper to taste. Blend well.
  7. Put 1/2 of the bean puree in a loaf pan; distribute the coarsely chopped beans over the puree. Add the remainder of the puree. This gives an attractive vein to the pate. Refrigerate until cold.
  8. Make the sauce: Very finely mince the ham. Take care to produce as fine a mince as you can. Stir the ham into the creme fraiche.
  9. Serve slices of the pate with the sauce spooned over.

A glass of sauvignon blanc goes nicely.

## **BROCCOLI PATE**

SERVES 4

*2 lbs fresh broccoli*  
*1 cup creme fraiche*  
*6 oz fresh goat cheese*  
*1 tsp gelatin*  
*1 clove garlic, minced*  
*salt and pepper to taste*

### **Sauce**

*1 cup creme fraiche*  
*juice of one lemon*

1. Steam the broccoli to tender-crisp stage. Cool.
2. When cool enough to handle, process to a paste in a food processor.
3. Empty the puree into a cloth-lined colander set over a bowl. Drain puree to a dry paste. Reserve 1/2 cup liquid from the bowl.
4. Return broccoli to processor, add the creme fraiche, cheese, garlic and salt and pepper. Process to blend well.
5. Meanwhile, add gelatin to the reserved liquid. Allow to soften and then melt over a low heat until dissolved. Add to broccoli. Blend well.
6. Put the broccoli mixture into a loaf pan and refrigerate until cold.
7. Make the sauce: Stir the lemon juice into the creme fraiche. The sauce should be thin and lemony.
8. Serve slices of chilled pate topped with the sauce.

## **PATE OF HALIBUT WITH WATERCRESS SAUCE**

SERVES 8

*Brioche Dough\**  
*2 lbs halibut*  
*1/2 lb salmon*  
*3 eggs*  
*2 cups creme fraiche*  
*2 tsp salt*  
*1/2 tsp pepper*  
*3 tsp shallots, chopped*  
*3 tsp parsley, chopped*  
*juice of one lemon*

1. Preheat oven to 375 degrees F. Make brioche dough.\*
2. In a food processor, process 1 pound of halibut, 3 eggs, 2 cups creme fraiche, and 1 teaspoon salt. Process until well mixed.
3. Cut the remaining halibut and the salmon into small pieces. Add the finely chopped shallots and parsley, 1 teaspoon salt, 1/2 teaspoon pepper, and the lemon juice. Mix well.
4. Mix together the contents of the processor and the diced mixture.
5. Line a rectangular mold with dough rolled to 1/4 inch thickness.
6. Place pate in the lined mold and cover with another piece of brioche dough. Seal the edges. Brush the top with beaten egg. Make a hole in the middle to allow steam to escape.
7. Bake in a 375 degree F oven for one hour fifteen minutes. Chill overnight.
8. Serve with watercress sauce.

\*Brioche Dough: Use any standard brioche recipe. Roll out to 1/4 inch thickness.

### **Watercress Sauce**

*1 bunch watercress*  
*1 cup creme fraiche*

1. Clean the watercress. Pick off leaves, discarding stalks. Puree in a blender or food processor.
2. Add creme fraiche sufficient to obtain desired consistency.
3. Serve with pate of halibut.

### **SARDINE PATE WITH LEMON AND PARSLEY**

SERVES 4

*2-3/4 oz cans sardines*  
*8 oz creme fraiche*  
*1 tbs chopped parsley*  
*1 tsp cracked black pepper*  
*juice of 1/2 lemon*  
*zest of one lemon, minced*  
*1 tsp gelatin*

1. Drain and grind the sardines in a food processor.
2. Sprinkle gelatin over 1/4 cup water. When the gelatin has softened, place over low heat. Stir to dissolve gelatin.
3. Add the creme fraiche, parsley, black pepper, lemon juice and zest to the ground sardines. Process to mix well.
4. Pour dissolved gelatin into the sardine mixture. Process to mix well. Refrigerate until cold.
5. Serve on black bread with thinly sliced red onions and paper-thin slices of lemon.

### **SHRIMP PATE**

MAKES ONE QUART.

*10 oz cooked shrimp*

*1 cup creme fraiche*  
*1 clove garlic, minced*  
*1 tsp white pepper*  
*2 tsp dill*  
*3 green onions, minced*  
*1/2 cup hard cider or white wine*  
*1 tsp gelatin*

1. Put the shrimp, garlic, pepper and green onions into food processor. Process to a paste.
2. Add the creme fraiche. Process until well blended.
3. Put the cider or wine into a small non-corrosive skillet. Sprinkle gelatin over the top of the wine. Allow to sit until the gelatin has softened. Heat slowly to dissolve the gelatin. Once the gelatin has melted, increase the heat and bring to a boil to evaporate the alcohol.
4. Turn on the processor and slowly pour in the gelatin-wine mixture.
5. Pour into a four-cup terrine and refrigerate until cold.

### **LIVER PATE**

MAKES ONE QUART.

*2 lbs beef liver*  
*1 lb chicken liver*  
*2 slices smoked bacon*  
*1 medium onion, sliced*  
*1 clove garlic, chopped*  
*1 tsp cracked black pepper*  
*1 cup creme fraiche*

1. Cut the bacon into 1 inch pieces, and render it in a large, heavy skillet.
2. Add the onions and garlic. Cook for 3 to 4 minutes.
3. Cut the beef liver into 1 to 1/2 inch cubes. Add the beef liver and the chicken liver to the pan. Add the pepper and saute the liver until it is firm but still slightly pink inside.
4. Remove the liver from the heat and let it cool.
5. When the liver is cool enough to handle, put the contents of the pan into a food processor. Process to a uniform paste.
6. Add the creme fraiche and process to mix well.
7. Put the liver paste into a four cup pate pan and cook in in a water bath in a 350 degree F oven for 30 minutes.
8. Cool and refrigerate until the pate is cold before serving.
9. Serve with toasted German bread and orange juice for breakfast or with a salad and cornichons for lunch.

### **CHICKEN LIVER PATE WITH DRIED CURRANTS**

MAKES ONE QUART.

*1 lb chicken livers*  
*1/2 onion, chopped*  
*1 clove garlic, minced*  
*2 tbs unsalted butter*  
*2 tbs ground green peppercorns*

*1 tsp unflavored gelatin*  
*1 cup creme fraiche*  
*1/2 cup dried currants*

1. Melt the butter in a heavy skillet. Add the onion and garlic. Saute until the onion is translucent.
2. Add the chicken livers to the skillet. Saute the livers with the onions and garlic, turning them to cook evenly. Cook until the livers are done, about 10 minutes. Turn off the heat and allow to cool.
3. When cool, process the contents of the skillet to a paste in a food processor. DO NOT OVER-PROCESS. (If you do, the currants will sink to the bottom.)
4. Sprinkle the gelatin over 1/4 cup water. When the gelatin has softened, place over low heat. Stir to dissolve the gelatin.
5. Add the dissolved gelatin to the liver paste. Mix well.
6. Stir the creme fraiche into the liver paste and then the currants.
7. Pour into an eight-inch round mold.
8. Refrigerate until cold before serving.

### **PORK LIVER PATE WITH CARAWAY SEEDS**

MAKES ONE QUART.

This pate is superb with toasted pumpernickel bread.

*3/4 lb pork liver*  
*1/2 lb lean pork*  
*1 onion, chopped*  
*3 tbs bacon drippings or butter*  
*2 cloves garlic, minced*  
*1 tsp pepper*  
*1 tsp salt*  
*1 tbs caraway seeds*  
*1 cup creme fraiche*

1. Saute the liver with the onion, garlic, salt and pepper in bacon drippings or butter until the onions are translucent. Allow to cool.
2. Cut up the pork and process to a paste. Put it aside in a bowl.
3. Add the cooked liver-onion mixture to the processor. Process to a paste.
4. Return the pork to the processor and process with the liver until well mixed.
5. Add the caraway seeds and creme fraiche. Process a little, just to mix.
6. Put the pate into a four-cup terrine. Bake, in a water bath, in a 375 degree F oven for 45 minutes.
7. Cool and refrigerate until cold before serving.

### **HERBED PATES**

Creme fraiche is substituted for butter or pork fat in these recipes. The pates produced are low in fat, high in nutrients, and delicious.

A food processor is required and makes the whole affair incredibly simple and speedy. Preparation time is about five minutes.

The pates should be cooked in a water bath as for custard. Fill a cake pan or

other flat vessel (I use a cast-iron skillet) with enough water to come halfway up the sides of the terrine. Place a pot holder in the bottom of the pan so that the terrine does not contact metal. Place the filled terrine in this water bath for baking.

There will be liquid surrounding the pate when it comes from the oven. Do not pour this off; when it is cold, remove the fat from the top. What remains is a lovely aspic to be served with the pate or squirreled away as a nonpareil sauce base.

Serving suggestions: Pates are standard picnic and party fare, but they also are great for breakfast. A slice of pate, toasted German bread and a glass of orange juice makes a nutritionally dense, fast and delicious breakfast. For an elegant light lunch or supper, serve with a green salad, crusty French bread, mustard, and cornichons. A glass of chilled white wine completes the meal.

### **HERBED CHICKEN PATE**

MAKES ONE QUART.

*1 lb boned chicken meat*  
*1 cup creme fraiche*  
*1 tbs dried tarragon or 2 tbs fresh*  
*1 tsp salt*  
*2 tsp ground green peppercorns*  
*1 clove garlic, minced*  
*1/4 cup dry white wine*

1. Cut up and process the chicken to a paste in a food processor.
2. Add the tarragon, salt, pepper and garlic to the creme fraiche.
3. Add the creme fraiche mixture to the meat in the processor.
4. Process until well mixed.
5. Add wine; mix well.
6. Put the chicken mixture into a four-cup terrine. Place in a water bath to bake.
7. Bake at 350 degrees F for 1 hour.
8. Weight pate while cooling. Do not pour off the liquid that surrounds the pate. When this is cold it will be aspic.
9. Refrigerate until cold before serving.

### **LEMON AND PARSLEY CHICKEN PATE**

MAKES ONE QUART.

*1 lb boned chicken meat*  
*1 cup creme fraiche*  
*3 tbs chopped parsley*  
*juice of one lemon*  
*finely minced zest of three lemons*  
*1/2 tsp black pepper*  
*1/2 tsp salt*  
*1 clove garlic, minced*

1. Cut up and process the chicken to a paste in a food processor.
2. Add the remaining ingredients. Process to a smooth paste.
3. Put the chicken mixture into a four-cup terrine. Place in a water bath to

- bake.
4. Bake in a 350 degree F oven for 1 hour.
  5. Weight pate while cooling. Do not pour off the liquid which surrounds the pate. When it is cold it will be aspic.
  6. Refrigerate until cold before serving.

### **HERBED LAMB PATE**

MAKES ONE QUART.

*1 lb lamb*  
*1 cup creme fraiche*  
*3 tbs oregano*  
*2 tsp cracked black pepper*  
*1 tbs minced garlic*  
*2 tbs pine nuts*  
*1/2 tsp salt*

1. Cut up and process the lamb to a paste in a food processor.
2. Add the oregano, salt, pepper and garlic to the creme fraiche.
3. Add creme fraiche mixture to the meat in the processor.
4. Process until well mixed.
5. Transfer the lamb mixture to a bowl. Add pine nuts; mix well.
6. Put the lamb mixture into a four-cup terrine. Place in a water bath to bake.
7. Bake in a 350 degree F oven for 1 hour.
8. Weight the pate while cooling. Do not pour off the liquid that surrounds the pate. When it is cold, it will be aspic.
9. Refrigerate until cold before serving. Serve with a squeeze of fresh lemon juice.

### **HERBED PORK PATE**

MAKES ONE QUART.

*1 lb lean pork*  
*1/2 onion chopped and lightly sauted in butter or olive oil*  
*2 tbs herbes de Provence*  
*2 tsp cracked black pepper*  
*1 tsp salt*  
*1 clove garlic, minced*  
*1 cup creme fraiche*  
*1/4 cup white wine*

1. Cut up and the process pork to a paste in a food processor.
2. Add the salt, pepper, garlic and onion to the creme fraiche.
3. Add the creme fraiche mixture to the processor, and process until well mixed.
4. Transfer the pork mixture to a bowl. Add the wine and herbs. Mix well.
5. Put the pork mixture into a four-cup terrine. Place in a water bath to bake.
6. Bake in a 350 degree F oven for 1 hour.
7. Weight pate while cooling. Do not pour off the liquid that surrounds the pate. It will be aspic when it cools.
8. Refrigerate until cold before serving.

## **VEAL PATE WITH LEMON AND THYME**

MAKES ONE QUART.

*1 lb veal*  
*3 cloves garlic, minced*  
*2 tsp ground black pepper*  
*1 cup creme fraiche*  
*1 tbs dried thyme*  
*juice of one lemon*  
*minced zest of one lemon*  
*2 tbs fresh thyme, coarsely chopped*  
*1/2 cup dry white wine*

1. Cut up and process the veal to a paste in a food processor.
2. Add the garlic, pepper, dried thyme, lemon juice and lemon zest to the creme fraiche. Mix well.
3. Add the creme fraiche mixture to the processor and process until well mixed.
4. Put the veal mixture into a bowl. Add the wine and fresh thyme. Mix well.
5. Put the veal mixture into a four-cup terrine. Place in a water bath to bake.
6. Bake in a 350 degree F oven for one hour.
7. Weight pate while cooling. Do not pour off the liquid that surrounds the pate. When it is cold, it will be aspic.