

# Grand Marnier Pate'

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## Servings: 15

*3 ounces butter*  
*1 onion, chopped*  
*1 clove garlic, crushed*  
*4 ounces trimmed chicken livers*  
*2 tablespoons orange juice*  
*1 tablespoon Grand Marnier liqueur*  
*1 tablespoon sour cream*  
*freshly ground pepper (to taste)*  
TOPPING  
*2 orange slices (cut into quarters)*  
*fresh chives or parsley*  
*1 1/2 teaspoons gelatin*  
*1/2 cup hot chicken stock*

Melt the butter in a pan. Cook the onion and garlic until the onion is tender. Add the chicken livers. Cook for 5 to 10 minutes.

Spoon the mixture into a food processor or blender. Add the orange juice, Grand Marnier, sour cream and pepper. Process until smooth.

To prepare the topping: arrange the orange slices and fresh chives or parsley in the base of a two-cup capacity serving dish.

In a bowl, sprinkle the gelatin over the hot chicken stock. Whisk vigorously with a fork to dissolve. Pour over the oranges to a depth of one-half inch. Refrigerate until set.

Spoon the pate' over the gelatin layer, tap gently and smooth the top. Refrigerate until set.

Unmold onto a serving plate. Serve with crackers or Melba toast.

(The pate' can also be made without the gelatin topping and served on cracker biscuits.)

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Per Serving (excluding unknown items): 58 Calories; 5g Fat (71.8% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 48mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Appetizers

**Calories (kcal):** 58  
**% Calories from Fat:** 71.8%  
**% Calories from Carbohydrates:** 25.4%  
**% Calories from Protein:** 2.8%  
**Total Fat (g):** 5g  
**Saturated Fat (g):** 3g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 13mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** 1g  
**Protein (g):** trace  
**Sodium (mg):** 48mg  
**Potassium (mg):** 63mg  
**Calcium (mg):** 14mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 234IU  
**Vitamin A (r.e.):** 51RE

**Vitamin B6 (mg):** trace  
**Vitamin B12 (mcg):** trace  
**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 10mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

**Food Exchanges**

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

**Nutrition Facts**

Servings per Recipe: 15

**Amount Per Serving**

**Calories** 58 **Calories from Fat:** 42

**% Daily Values\***

**Total Fat** 5g 7%  
   Saturated Fat 3g 15%  
**Cholesterol** 13mg 4%  
**Sodium** 48mg 2%  
**Total Carbohydrates** 4g 1%  
   Dietary Fiber 1g 3%  
**Protein** trace

**Vitamin A** 5%  
**Vitamin C** 24%  
**Calcium** 1%  
**Iron** 0%

\* Percent Daily Values are based on a 2000 calorie diet.