

Russian Liver Cake



- 1 1/2 lb. chicken liver
- 1 egg
- 1/2 cup sour cream
- 1/2 cup ground pork rinds
- 1 tbsp salt adjust to taste
- Black pepper vitality essential oil adjust to taste
- 2 cup keto/carnivore mayonnaise
- 5 garlic cloves
- dill vitality essential oil
- 3 tbs carnivore oil for frying

Making Russian liver cake only requires a handful of ingredients and a couple of simple steps. Below, find a quick overview of the recipe before you get started.

- **Clean the Chicken Liver:** Rinse the chicken liver under cold water in the sink and use a sharp knife to remove any excess connective tissue (the white or pink muscle fibers). Next, blend

the liver in a blender or a food processor until it becomes fine in texture.

- **Season the Liver:** Into the blender, add the sour cream, egg, salt, pepper, and ground pork rinds. Pulse the mixture until well combined.
- **Fry the Liver Crepes:** In a skillet preheated with oil over medium heat, pour in a thin layer of the liver mixture. Fry each side until golden brown, setting them aside in a single layer as you go. Allow the crepes to cool at room temperature.
- **Make the Herbed Mayo:** In a separate bowl, combine the pressed garlic, dill, and mayo.
- **Assemble the Liver Cake:** Lay on crepe flat on a serving plate. Next, spread a thick layer of mayo on top. Alternate a crepe layer with a mayo layer, repeating until you run out of crepes.
- **Refrigerate the Cake:** Cover the liver cake with plastic wrap or place it in an airtight cake container. Refrigerate it for at least an hour before serving. Slice and enjoy!

Tips & Tricks

Here you'll find a couple of tips and tricks to help you make the most authentic Russian liver cake.

- Clean and trim the chicken livers properly. To prevent your chicken livers from turning out bitter or tough, rinse them under cool water before cooking.

Additionally, make sure to use a sharp knife to trim off any connective tissue.

- Fry the liver crepes until golden brown. Not only will frying the crepes make the cake taste better, but it will also help it to keep its structure. Just a couple of minutes on both sides will do the trick!