

“Summer Beef Liver Apple & Onion”

INGREDIENTS

Total Cook Time: 40 mins 4 Servings

Prep Time: 10 mins Prep Time: 10 mins

- 500g OBC Beef liver
- 1 cup Milk, or as needed
- 1/2 cup Dry White Wine, (Substitute with water)
- 3Tbs Butter, divided
- 1 large Onion, (sliced into rings)
- 2 Large apples, Prefeably Green
- Salt and pepper to taste

DIRECTIONS

1. Gently rinse liver under cold water, slice and place in a medium bowl. Pour in enough milk to cover and leave to stand. **This step is SO important in taking the bitter taste of the liver out.** Slice onion thinly. Peel and core apples. Cut apples into thick rings. Heat 1 tablespoon butter in pan. Sauté apples in a single layer, turning once, until apples become tender and begin to brown. Cook in batches, if necessary. Arrange cooked apple slices on a serving platter. Set apples aside and keep warm.
2. Add 1 tablespoon of butter to the pan add onions. Salt and pepper lightly. Cook, stirring occasionally, until soft (approximately 10 minutes). Add wine. Increase heat. Boil wine down so there is virtually no wine remaining in the pan. Remove onions from the pan, along with any remaining liquid and browned bits.
3. While onions cook, drain liver in a strainer. Shake or pat the liver, removing as much moisture as possible. Lightly salt and pepper liver. Add remaining butter to the pan. Heat skillet on high until skillet is very hot. Add liver to pan. Shake and stir liver until just cooked, approximately 2 to 3 minutes (do not over cook). Add cooked onions and stir.
4. Arrange liver and onions on warm apple slices. Serve hot with OBC Rice or Maize meal.

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