

"Fried Beef Liver & Onion"

INGREDIENTS

Total Cook Time: 45 mins 4 Servings

Prep Time: 20 mins

- 1 kg sliced OBC beef liver
- 1 ½ cups Milk, or as needed
- ¼ cup Butter, divided
- 2 large Onions, (sliced into rings)
- 2 cups all-purpose Flour, or as needed
- Salt and pepper to taste

DIRECTIONS

1. Gently rinse liver slices under cold water, and place in a medium bowl. Pour in enough milk to cover. Let stand while preparing onions. Soak up to an hour or two - whatever you have time for. **This step is SO important in taking the bitter taste of the liver out.**
2. Melt 2 tablespoons of butter in a large skillet over medium heat. Separate onion rings, and saute them in butter until soft. Remove onions, and melt remaining butter in the skillet. Season the flour with salt and pepper, and put it in a shallow dish or on a plate. Drain milk from liver, and coat slices in the flour mixture.
3. When the butter has melted, turn the heat up to medium-high, and place the coated liver slices in the pan. Cook until nice and brown on the bottom. Turn, & cook on the other side until browned. Add onions, and reduce heat to medium. Cook a bit longer to taste. Serve with OBC Maize meal or OBC Rice and Enjoy!

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