Beef Liver and Onions

Tonight’s liver & onions entree was the best I’ve ever eaten in my lifetime. The liver was very tender and mild flavored. Perhaps contributing to the tenderness was the fact I did soak the liver in milk first for about four hours. Also, it seemed one teaspoon sugar was adequate because I used sweet Spanish onion, sliced rather than diced. Another thing I did was cut the liver slices into smaller pieces, added salt and onion powder to flour, and after dredging, browned quickly in batches. This recipe as I made tonight is company perfect—absolutely delicious for liver lovers and a special taste treat for those who say they don’t care for liver.

delicious! although my bf said it was very good, he also explained to me, that when he cooks his liver, he adds water to it about 3/4 of the way through cooking and lets it simmer for 15 min. claims it makes the liver much more tender

This recipe is ABSOLUTLY wonderful !!! The sugar takes away the bitterness of the liver. You would have to have ZERO tastebuds to say this is a bad recipe or just not like liver !! Will make again !

Fantastic.I love the camelized onions.I use sweet onions and I fry my whole pieces of liver in bacon fat.I also add one cup of water and alittle beef soup base.Simmer for about 15 minutes.Fantastic gravy for mashed potatoes.

For Ingredients And Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don’t forget to SHARE with your Facebook friends

Ingredients:

1/4 cup flour
1 lb beef liver
1/4-1/2 cup butter
1/2 teaspoon salt
1/8 teaspoon pepper
oil, to taste
1 -2 tablespoon fresh sage, minced
2 cups thinly sliced onions
1/2 cup beef stock
1 tablespoon minced Italian parsley
1/4 cup dry white wine

Directions:

Combine flour, salt and pepper in bag.
Slice the liver into 1/2 inch strips and shake in bag of seasonings to coat.
Set aside.
Heat skillet with 2-3 tablespoons of butter and a dash of oil.
Saute the onions on medium heat until tender and glossy.
Transfer to side dish and sprinkle with sage, salt and pepper.
Return skillet to high heat, add 3-4 tablespoons butter and dash of oil.
Add liver and sear five mins until brown.
Inside meat should be slightly pink.
Return onions to pan til heated.

Remove liver and onions from pan and plate.
Use stock and wine to deglaze pan and reduce liquid til you have a thickened sauce.
Pour over liver and onions, sprinkle with parsley and serve.