

Beef, Liver and Onions

I don't cook liver very often, but when I do, I use this amazing recipe! Check out how I make it and let me know what you think.

You'll Need:

$\frac{1}{4}$ cup of flour.
1 lb of beef liver.
 $\frac{1}{4}$ - $\frac{1}{2}$ cup of butter.
 $\frac{1}{2}$ tsp of salt.
 $\frac{1}{8}$ tsp of pepper.
Oil.
1-2 tbsps of fresh minced sage.
2 cups of thinly sliced onions.
 $\frac{1}{2}$ cup of beef stock.
1 tbsp of minced Italian parsley.
 $\frac{1}{4}$ cup of dry white wine.

How to:

In a bag, mix together the flour, salt and pepper then put the liver (sliced into $\frac{1}{2}$ inch strips) in the bag and shake to coat.

In a skillet, melt 2 to 3 tbsps of butter with a dash of oil and sauté the onions on medium heat.

Place the onions in a dish and season with sage, salt and pepper.

In the same skillet, melt 3-4 tbsps of butter and a dash of oil over high heat and stir in the liver. Cook for 5 minutes, stirring constantly.

Add the onions to the liver, heat through and place in a serving plate.

Glaze the pan with stock and wine and keep on the heat until you get a thick sauce.

Pour the glaze over the liver and onions and sprinkle with parsley.

Bonne Appétit!

Simple, easy and delicious! I love liver and so does my husband, so I make this recipe with a nice veggie salad aside, it makes the perfect meal!