

# LIVER RECIPES

*"Delicious and Nutritious!"*

**ONLY USE: GRASS FED – ORGANIC – HORMONE FREE – LIVER**  
**DO NOT USE IF LIVER IS SPONGY OR LIGHT COLORED**

*Cut liver into small pieces and roll it in beaten egg then in nut flour (finely ground crispy nuts). Fry in hot coconut oil, salt, and pepper to taste. It's out of this world! - Cheryl K*

*This is my mom's delicious Jewish chopped liver recipe that "doesn't taste like liver much at all!" Slice onion and sauté in fat until golden. Throw into a food processor. Sauté 3/4 pound of chicken livers in same pan until pink inside. Let cool and put into same food processor with onions. Add 2 hardboiled eggs to food processor. Process onion, liver and eggs to a consistency you like but not too fine. Keep some lumpiness. Add salt and pepper to taste. - Daphne*

*Marinate the sliced liver in red wine vinegar and a couple teaspoons of honey for about 1 hour. Slice up 1-2 onions and fry in lots of tallow and butter for about 1/2 hour until onions are small and brown. Remove the onions and toss in the liver with a bit of the wine/honey mix. Fry quickly, turning frequently, and serve hot with onions and wine sauce and a side of kim chi. - Paul B*

*The key to delicious liver is lots of garlic. Use lard to sauté it, and add some olive oil when it's closer to done. Don't overcook it. First sauté 1 onion and at least 5 cloves of garlic with plenty of herbs and spices, whatever you like. Slice the liver up nice and thin, cook for about 5 minutes and flip around once a minute. Cook some bacon at the same time and cut into small pieces to serve on top of the liver along with the onions and garlic. - Chris M*

*Marinate slices of liver in the fridge overnight in lemon juice or water with vinegar, plus lots of garlic and bay laurel leaf. After marinating, pat dry and fry in olive oil and/or lard and/or butter until well done (really brown on the outside and slightly rose inside). (Kidneys work well with this recipe also.) The key is marinating to take away any unpleasant taste. - Florabela*

*The liver needs to come from a fairly young animal and be free of hormones and organically raised. Cover the liver with flour on both sides and bake with a little butter or ghee for several minutes at very low heat, otherwise it will be hard. Add a handful of sliced onion, a little vinegar and water. Increase the heat to 350 degrees for a few minutes then cook for about 20 minutes at a low heat. You can add fresh mushrooms and at the end a bit of salt. It's usually served with noodles or rice. However any vegetable dish would work. - Pia*