We?ve been playing at Around The World for £4 Or Less again. We?re having a bit of trouble with a nation beginning with ?X? So we moved on to The Republic of Yemen for ?Y?

This dish is traditionally served for Breakfast with poached or scrambled Egg, we?re guessing they?re not big on lunch in The Yemen ? this was a very well flavoured and filling meal!

Ingredients:-

1 Sheep Liver, chopped
1 Red & 1 Green Bell Pepper, chopped
1 Onion, chopped
1 Tomato, chopped
1/2 cup Tomato Puree
¼ tin of chopped Tomatoes
2-3 Red Chillies
1 tsp. Hawaij Spice mix (See below)
3 Cloves of Garlic, minced
2 tbsp. Oil
1/4 tsp. Salt
An Egg each

Ingredients for the Hawaij Spice mix:-

2 tbsp Cumin Seeds
1 tbsp Caraway Seeds
1 tbsp Coriander Seeds
1 1/2 tbsp Ground Turmeric

1 1/2 tbsp Black Peppercorns
2 tbsp Cardamom Pods

Method for the spice mix:-

(1) Lightly toast the Cumin, Caraway and Coriander seeds over medium heat for 1-2 minutes until fragrant.
(2) Grind all the ingredients once cooled in a coffee grinder or food processor.

Method:-

(1) Fry the Onions in Oil over medium-high heat. When the Onions start to brown, add the Garlic and Chilli. Cook for about 30 seconds until the Garlic is fragrant.
(2) Add in the chopped Liver and brown this on all sides.
(3) Add the tomato Puree, chopped Tomatoes, Hawaij, and salt. Mix together and cook until the Liver is nearly cooked through, about 15-20 mins.
(4) At the end, add in the Bell peppers and cook for a few minutes more, until the Peppers are cooked through.
(5) Fry an Egg and serve over your Kebda

You might want to serve with a little toasted bread, but we really didn?t think it needed it.