

OK Pork Liver might not seem a very inspiring starting point. But it was 63p for 500g. So sleeves up!

Mix the following dry ingredients in Milk and soak your Liver in it for a couple of hours:-

Marinade Ingredients:-

1 tsp Cumin Powder
1 tsp Paprica
1 tsp Chilli Powder
Salt & Pepper
Onion Salt
Garlic Salt
Milk

For the coating Sue mixed the following into Flour and dredged the Liver

Flour coating:-

Plain Flour (Gluten free in our case)
1 tsp Coriander
1 tsp Cumin Powder
1 tsp Paprica
1 tsp Chilli Powder
Salt & Pepper
Onion Salt
Garlic Salt

Sue then Caramelised some sliced Onion and fried the coated Liver with the Onion so that it was still slightly pink in the middle. A dash of Cider Vinegar and a squeeze of Lemon juice and it was good to go.

We served it on a bed of Pasta with a Tomato based Chilli sauce, some stir-fried vegetables and a bit of deep fried Cabbage on the top for colour. Very tasty and silly cheap!

If anybody would like to "Buy us a Coffee" please feel free proceeds beyond our bandwidth cose are donated to local charities.