

## Around the World for £4 or less took us to Ghana on Friday.

## **Ingredients:-**

200g Liver (We used Pork Liver), cut into small pieces

2 Onions, roughly chopped

4 cloves of Garlic

3 Bullet Chillies

Chilli powder to your taste

1 tsp Ginger grated

Salt

Bouquet Garni (Or mixed herb and a Bay Leave)

1 Stock Cube

2 Red Bell Peppers, finely sliced

2 Carrot, thinly sliced

1 handful of shredded White Cabbage

A good squeeze on Tomato Purée

Oil

## Method:-

- (1) Steam the liver with the Bouquet Garni, water, Salt, Stock Cube? covered for 15 minutes.
- (2) Remove from the heat and reserve the stock.
- (3) Fry the Liver for 2 minutes.
- (4) Add the Ginger, Chilli powder and 2 cloves with of Garlic and continue to fry over a low heat.
- (5) Blend 1 Onion, 2 cloves worth of Garlic, chillies, and Bell Pepper with oil.
- (6) Fry the mixture for 10 minutes on a low heat.

- (7) Add the Tomato Purée and continue to stir.
- (8) Add the Liver and stock and gently combine.
- (9) Add the Carrots, remaining Onion, Bell Pepper and Cabbage and stir gently for 2 minutes.

## Serve over a bed of Rice.

Notes:- The Liver would have benefited by being coated in flour before frying.