

Liver and Onions

- 5 tablespoons butter or olive oil
- 1 to 2 diced yellow onions
- 2 teaspoons white sugar
- beef liver
- 1/4 cup flour (masa flour ideal)
- salt
- coarse ground black pepper

Heat a frying pan to medium heat.

Melt 3 to 4 tablespoons of butter or oil.

Saute the onions until soft. Stir in the sugar. Continue cooking until the onions are caramelized.

In a separate pan, heat the remaining butter or oil over a medium heat.

Remove the membrane from the liver, and slice the liver.

Dredge the slices of liver in the flour.

Once the oil or butter is heated, cook the slices of liver for 60 to 90 seconds per side.

Salt and pepper the livers, and remove from the pan. Serve with the onions over the livers.

Serves: 2 to 4

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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