

GF Friendly

Liver and Bacon

liver and bacon in a rich onion gravy

Kids seem to hate this dish, so if that's the case in your house, try our alternative – Recipe 29 chicken and bacon. Many of us olds, however, grew up with the lamb's fry version, and there are still restaurants which include it on their senior's menu.

- 1 lamb's liver (lamb's fry) approx. 600g
- 4 rashers bacon
- 1 medium to large onion
- 1 Tbsp plain flour
- 1 tsp anchovy sauce (optional)
- Salt and pepper to taste
- 2 beef stock cubes (or 2 tsps powder)
- 400 ml water
- 1 Tbsp extra virgin olive oil



Slice the liver into chunks that would sit on a tablespoon, being careful to remove the piping as you come across it. Remove any rind from the bacon and cut into 2.5 cm (1 inch) squares. Peel and coarsely chop the onion.

Warm the oil in a deep frypan or wok over a medium heat, then fry the bacon, turning it frequently for about 3 minutes. Add the onion and toss this through, continuing to cook for a further 3 minutes. Remove this and set aside while the liver is fried. You may have to do this in batches to ensure all pieces are cooked through. Once it has, return everything to the pan, including the bacon and onion. Add the anchovy sauce if using; crumble the stock cubes or powder over this and combine well. Sprinkle on the flour, toss to coat; then add the water and heat, stirring constantly until thickened. Turn down the heat, cover and simmer for 40 minutes, adding more water to ensure it doesn't dry out. Salt and pepper can be stirred in before serving if you wish.

N.B. Once the flour has been added and the gravy has thickened, the mixture can be transferred to a covered casserole and finished off in the oven set to a medium heat.

Serves 4 with vegetables

Freezes well

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