

Liver in Tomato Onion Sauce Recipe

Ingredients: Serves 4

1 large onion, roughly chopped
4 cloves garlic, roughly chopped
2.5cm piece root ginger, roughly chopped
1-2 green chilies, chopped (seeded if wished)
4 tablespoons sunflower or light olive oil
450g lamb's liver, cut into 5cm cubes
½-1 teaspoon chili powder
½ teaspoon ground turmeric
1 teaspoon ground coriander
2 teaspoons ground cumin
125g chopped canned tomatoes with the juice
1 tablespoon tomato puree
1 teaspoon salt or to taste
75ml single cream
½ teaspoon garam masala
2 tablespoons chopped fresh coriander leaves
boiled basmati rice, to serve

Method:

In a blender, puree the onions, garlic, ginger and chili, adding a little water if necessary. Set aside. In a non-stick frying pan, heat 1 tablespoon of the oil over a medium-high heat and add the liver and ¼ teaspoon each of the chili powder and turmeric. Fry until the juices run clear, stirring frequently (5-6 minutes). Remove the pan from the heat and transfer the liver to another dish. Wipe the pan clean with kitchen paper and heat the remaining oil over a medium heat. When the oil is hot, add the pureed ingredients, cook for 2-3 minutes, then add the remaining chili powder and turmeric, coriander and cumin. Continue to cook for 4-5 minutes, stirring frequently. Add the tomatoes and tomato puree and cook for 2-3 minutes. Add 50ml water and continue to cook for a further 2-3 minutes. Add the sautéed liver, salt and 200ml hot water. Mix well, cover the pan and reduce the heat to low and let it simmer gently for 20 minutes or until the liver is tender. Add the cream and garam masala, simmer, uncovered, for 4-5 minutes and stir in the coriander leaves. Remove from the heat and serve with boiled basmati rice.

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