

Liver with Dubonnet

Cuisine: English

Category: Meat

Occasion: Dinner

Offal has an image problem. Perhaps it is school-day memories of grey, vulcanised liver and rock-hard kidneys, or perhaps certain bodily organs are too close to the boundary between the edible and the inedible for some tastes (I confess to a problem with tripe and brains in this regard). This is a shame because, properly cooked, offal dishes can be wonderful. This recipe is a case in point: it is essential not to over-cook the liver, which should be pink and melting beneath its sautéed crust.

Ingredients

25g butter

1/2 Tbsp. good olive oil

1 small onion, or 2 shallots, peeled and finely chopped

1 clove garlic, peeled and finely chopped/minced

400g calf's or lamb's liver, thickly sliced

Flour seasoned with salt and black pepper

1 Tbsp. fresh orange juice

5 Tbsp. Dubonnet

1/2 Tbsp. finely chopped parsley

1/2 Tbsp. finely chopped fresh sage

Grated zest of 1/2 lemon and 1/2 orange

Method

First, heat the olive oil and the butter in a good-sized frying or sauté pan. Fry the onion and garlic together until soft and straw-coloured. Coat the slices of liver with the seasoned flour. Place the liver in a single layer over the onions, and cook on a moderate heat until tiny spots of blood appear on its surface. Turn the slices over, and cook for a few more seconds only. Put the liver slices into a serving dish, and cover them with the onions. Keep warm. Now add the orange juice and the Dubonnet to the crusty juices remaining in the frying pan, and stir well. Turn up the heat and boil until the liquid has reduced by half. Turn off the heat, and add the zest and herbs. Stir again, and pour over the liver. Serve with mashed potato.

Serves two.

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