

Grilled Lamb Liver Recipe

Ingredients: Serves 4-5

750g lamb's liver
125g Greek yoghurt
1 tablespoon lemon juice
4-5 large garlic cloves, roughly chopped
2.5cm piece root ginger, roughly chopped
1 teaspoon ground cumin
½ teaspoon garam masala
½-1 teaspoon chili powder
2 teaspoons chick pea flour (besan)
1 teaspoon salt
4 tablespoons sunflower or olive oil
6-8 skewers, to serve

Method:

Remove membrane and gristle from the liver and wash gently. Dry thoroughly with kitchen paper and cut into 5cm x 5mm strips. Put the remaining ingredients, except the oil, in a blender and make a smooth puree. Put the liver into a non-metallic dish and pour the marinade over. Mix thoroughly, cover the bowl and refrigerate for 4-5 hours or overnight. Bring it to room temperature before cooking. Preheat the grill to high. Oil the skewers and thread the strips of liver on to them. Grill approximately 7.5cm below the heat source for 5-6 minutes, basting with the oil and turning them over halfway through. Serve immediately. You need plain yoghurt, for the marinade, which has been strained through a muslin cloth to drain off any excess water or simply use Greek yoghurt as an easy alternative.

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