

Masala Chicken Livers Recipe

Ingredients: Serves 4

4-5 tablespoons sunflower or vegetable oil
1 large onion, halved and finely sliced
750g chicken livers
1½ tablespoons chick pea flour (besan) or plain flour
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon garam masala
1-2 teaspoons chili powder
4 large garlic cloves, crushed or 2 teaspoons garlic puree
2 fresh ripe tomatoes, seeded and chopped
2-3 tablespoons chopped fresh coriander leaves

Method:

Heat the oil in a large, non-stick sauté pan over a medium heat and fry the onion until well browned (12-15 minutes), stirring regularly. Meanwhile, clean and wash the liver, drain well and pat dry with kitchen paper. Spread it out on a large plate. Mix the flour with the salt and spices and sprinkle it over the liver. Sprinkle 1 tablespoon water over if necessary so that the spiced flour clings to the pieces of liver. Mix it well. When the onions are ready, lift them with a slotted spoon and press the excess oil with a spoon back into the pan. Drain the onions on kitchen paper. Add the garlic to the oil left in the pan and fry over a low heat for 2-3 minutes. Add half the liver and fry over a medium heat until it changes color. Remove them with a slotted spoon and set aside. Add the remaining liver (add a little more oil if necessary) and fry for a further 3-4 minutes. Add the first batch of sautéed liver and reduce the heat to low. Mix 2-3 tablespoons water with any residue of the spiced flour in which you mixed the liver. Add this to the pan and cook for 2-3 minutes. Stir in the tomatoes and coriander leaves. Remove from the heat and serve.

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