

SPICEY AND WARMING CHICKEN LIVERS

INGREDIENTS

250g chicken livers
Seasoned flour for dusting (salt, pepper, paprika)
1/2 onion diced
2 cloves garlic
3 sprigs of thyme
Dry red chili
75ml white wine
1 tbsp tomato paste
100ml cream
2 tbsp fresh chopped parsley
3 tbsp Olive oil
Salt & Pepper

METHOD

1. Rinse & clean the livers, then pat dry.
2. Lightly dust the livers in the seasoned flour (1tbsp flour; 1 tsp paprika, salt & pepper to taste)
3. Add olive oil to the pan, and brown livers on med-high heat, till edges are crisped but liver still rare.
4. Remove livers and set aside, then add onion and minced garlic to the pan. Cook till softened over medium heat. Now add the tomato paste and cook for a further minute or two until the tomato paste begins to darken.
5. Now add the white wine to the pan, cook over medium high heat until wine begins to reduce.
6. Add your cream and sprinkling of thyme, now add the livers back to the pan and cook until the sauce thickens and the livers are just cooked.
7. Check and adjust seasoning and sprinkle with parsley.
8. Serve immediately with some sliced baguette

THE
COOKERY

by The Secret Jozi Chef