

Recipe

# CREAMY SPICED CHICKEN LIVER



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# Recipe

- 500g chicken livers
- 1 large onion, chopped
- 1 medium red pepper, seeds removed and chopped
- 3 bay leaves
- Juice of 1 fresh lemon
- 1 ½ tsp cumin
- 1 tsp fresh coriander, finely chopped
- 1 chili, chopped (or ½ tsp peri-peri spice)
- 250ml fresh cream
- ¼ dash Worcester sauce
- 2 tbsp tomato purée
- Salt to taste
- 1 tbsp crushed garlic
- 1 tbsp olive oil
- 1 tbsp butter

# Method

- **Sauté the onions and garlic:**
- Heat the olive oil and butter in a large pan over medium heat. Add the chopped onion and sauté until translucent. Stir in the crushed garlic and cook for another minute.
- **Cook the chicken livers:**
- Add the chicken livers to the pan and brown them on all sides.
- **Add vegetables and spices:**
- Stir in the chopped red pepper, cumin, chili (or peri-peri spice), fresh coriander, and bay leaves. Cook for 3-4 minutes to allow the spices to infuse.
- **Add lemon juice:**
- Pour the fresh lemon juice into the pan, mixing it well to deglaze and enhance the flavors.
- **Simmer with cream:**
- Reduce the heat to low and add the fresh cream. Simmer gently for 15 minutes, ensuring the livers are cooked through but not overdone..
- **Serve:**
- Remove the bay leaves and serve hot with crusty rolls or toasted fresh bread for dipping.



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