



Liver and Onions

80 grams of Lambs Liver per person
One large chopped Onion
2 Bovril Cubes
Rounded table spoon of Juvela flour mix
1/4 of a tea spoon of salt
Good dash of black pepper
A tea spoon of sage
1/4 of a teaspoon of Thyme
A Table spoon full of Olive oil
300 mils of water

On a flat plate mix the flour and seasoning. (NOT the herbs)
Cut the liver into 1 inch cubes and roll each one in the flour making sure they are all well covered

Fry the liver in a casserole dish, in the olive oil until it begins to brown.

Meanwhile, dissolve the Bovril Cubes in the water In a separate pan, bringing this to the boil.

Add the remaining flour to the liver and stir to a roux.

Pour on the Bovril liquid. Stir well and bring slowly to simmering while stirring regularly

Add the onions and herbs then transfer covered to a low shelf in the oven

Cook at mark 7 with the potatoes at the top of the oven for 1 to 1.1/4 hours.

Serve with vegetables of your choice



This recipe has been brought to you by The Cream Of Tartar Company Limited

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