



Beef liver à la crème

30'

Hands on

7'

Cook Time

2-4

Portion(s)

1

Difficulty



Ingredients

- 2 tablespoon(s) olive oil
- 500 g beef liver
- salt
- pepper
- 1 onion, finely chopped
- 2 clove(s) of garlic, finely chopped
- 50 g white wine
- 100 g heavy cream 35%
- 1 teaspoon(s) mustard, Dijon
- 2 tablespoon(s) thyme, fresh
- 1/2 teaspoon(s) paprika, smoked
- 100 g basmati rice, to serve
- 1 tablespoon(s) parsley, finely chopped, to serve

Διατροφικός πίνακας

Method

- Heat the olive oil in a [frying pan](#) over medium heat.
- Cut the liver into 3-4 cm pieces, season with salt and pepper, and sauté in the frying pan for 1 minute on each side.
- Remove the liver from the frying pan and set it aside, in a [bowl](#), until needed.
- Sauté the onion in the same pan, for 2-3 minutes, until it is soft and golden.
- Add the garlic and sauté for 1 more minute.
- Deglaze the pan with the wine and mix with a serving spoon.
- Add the heavy cream, the mustard, the thyme, the paprika, salt, pepper, stir, and boil for 1-2 minutes until the cream starts bubbling.
- Remove the frying pan from the heat, add the liver to the pan, and mix so that it is well covered with the sauce.
- [Serve](#) with [rice](#) and sprinkle with finely chopped parsley.

Nutrition information per portion

288 Calories (kcal)	15.0 Total Fat (g)	7.4 Saturated Fat (g)	9.5 Total Carbs (g)
14%	21%	37%	4%
3.4 Sugars (g)	27.0 Protein (g)	1.1 Fibre (g)	1.6 Sodium (g)
4%	54%	4%	27%