



Pan-fried beef liver

25'
Hands on

30 minutes'
Hands off

6'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

- 500 g beef liver
- 400 g milk, full-fat
- salt
- pepper
- 100 g all-purpose flour
- 1 tablespoon(s) paprika, sweet
- 2 tablespoon(s) olive oil
- 2 tablespoon(s) butter
- lemon juice, of 1 lemon

To serve

- 1 teaspoon(s) oregano, dry
- 1 spring onion, cut into rounds
- bread, toasted, sliced
- lemon, sliced

Method

- Cut the liver into 3-4 cm pieces and add them to a [bowl](#).
- Add the milk and set aside for 30 minutes at room temperature. In this way, you can get rid of the strong smell that liver sometimes has and, at the same time, it will soften.
- Remove the liver from the bowl and pat dry it very well with kitchen roll.
- In a bowl add the flour, the salt, the pepper, the paprika, and mix.
- Bread the liver pieces well and dust off any excess flour.
- Heat the olive oil and the butter in a large [frying pan](#) over medium heat.
- Sauté the liver for 3 minutes on each side. The cooking time depends on how thick the liver piece is. You should not overcook it as it will become too tough.
- Remove the frying pan from the heat and deglaze with the lemon juice.
- Sprinkle with the oregano, the spring onion, and serve with toasted bread slices and lemon slices.

Διατροφικός πίνακας

Nutrition information per portion

315 Calories (kcal)	11.0 Total Fat (g)	3.9 Saturated Fat (g)	24.0 Total Carbs (g)
16%	16%	20%	9%
1.0 Sugars (g)	29.0 Protein (g)	1.6 Fibre (g)	0.81 Sodium (g)
1%	58%	6%	14%