



Savory Liver Curry with Yellow Lentil and Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 kg of liver from beef cut into bite size pcs.
- Onion - 1 whole - half paste, half sliced thin
- Garlic - 1 tsp paste - 2-3 cloves sliced/chopped
- Ginger - 1 tsp paste
- Turmeric - 1/2 tsp powder
- Chili - 1/2 tsp powder
- Coriander - 1/2 tsp powder
- Cumin - 1/2 tsp powder
- Fennugreek - 1/2 tsp powder
- Bay leaf - 1 dried
- Salt & sugar to taste
- Oil to fry

Instructions

I happen to really enjoy the taste of well prepared liver! When my mother makes her chicken curry she always leaves the liver and gizzards and I am always the one to savor it! My aunt used to make liver curry on rare days and I still remember just eating so slowly making it last. I haven't had much of an opportunity to cook liver in the States but here in Dhaka, where there are streets of butchers, a whole liver is easily picked up in any corner. This recipe, however is not mine - its my cook, Alom's concoction. Its delicious, especially with some nice thick lentil curry and white rice with freshly squeezed lime on top! Its just...well, you give it a shot and let me know! Just to Note- Alom does not cook with specific measurements, just eyeballs the ingredients and feels his way through. So, the proportions may not be exact - he just says - 1/2tsp of all spices - but with any good cook - one should experiment with the flavors and settle on what amount of spices are right for your palate!

Liver Curry

Instructions

1. Heat in a pan or pot or wok about 2-3 tbsp of oil, sautee up sliced garlic and onion till well done. About 2-3 mins.
2. Add in all the spices one by one. Start with the pastes (onion, garlic, ginger), then the bay leaf, lastly the powders. Add salt. Fry well, add a little bit of oil if too dried out and scorching or 2-3 tbsp of water.
3. Add the liver pcs and fry and mix well with the paste formed. When well mixed, add about 1-2 cups of water, depending on how much curry you want. More water for thinner curry, less for thicker.
4. Cook covered until livers are well done. Takes about 10-15mins. Taste check - add salt and little sugar if needed.

Serve with some Lentil and rice and Enjoy!

Tips: you can increase the cumin powder to 1tsp. for a bolder taste. Too much fenugreek may turn the curry bitter. Everything else can be adjusted to preference.