Veal Liver with Potatoes

NIBBLEDISH CONTRIBUTOR

Ingredients

serves 2 adults generously

- **400 g** veal liver
- **2 medium** Onions
- **0.5 tsp** salt
- **3 pinch** ground black pepper
- **0.5 tsp** dried marjoram
- **0.25 tsp** ground sage leaves
- **3 tbsp** olive oil
- **3 small** Potatoes

Instructions

The secret is in a lot of onions and very thinly sliced liver!

Peel and cut the potatoes. Cook them in boiling water for about 20-30 minutes till fork tender. Drain the potatoes when they are cooked.

Thinly slice the onions and liver. If the liver is not thinly sliced, roasted liver will be hard and rubbery. Hint – it is very easy to thinly slice the liver if they are almost frozen, not deep frozen but slightly, you will see the difference.

Heat olive oil in a roasting pan. Add sliced onions and slowly fry them till they are golden brown and soft, around 10 minutes.

Add sliced liver and roast for a minute or two. When the liver starts to get color, add marjoram and sage. Roast for another 3 minutes. Season with salt and lots of freshly ground pepper just before serving.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)
WOMAN
Calories 35% RDA,
Protein 122% RDA,
Fats 43% RDA,
Cholesterol 223% RDA,
Carbs 23% RDA,
Sugar 14% RDA,

MAN
Calories 28% RDA,
Protein 97% RDA,
Fats 32% RDA,
Cholesterol 223% RDA,
Carbs 18% RDA,
Sugar 11% RDA.