

LIVER WITH STOUT



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20
min



Easy

INGREDIENTS

- 500g beef liver
- 1 large onion
- 3 garlic cloves
- 50ml olive oil
- 100ml stout
- 1 red chilli pepper
- 1tbsp wine vinegar
- 1 tbsp flour
- 1 sprig fresh parsley
- Paprika
- Freshly ground black pepper
- Sea salt to taste

METHOD

Cut the liver into strips, chop the chilli pepper and the garlic and cut the onion in semicircles • Quickly fry the onion, the garlic and chilli pepper in olive oil, over a high flame • Put to one side • Season with pepper and paprika and mix. Sprinkle with the flour and coat • Sautee the liver in the rest of the olive oil on a high heat, continually turning and season with coarse salt • Add the onion mix and refresh with the stout, cooking for further 1 or 2 minutes, until the sauce becomes syrupy • Serve hot, sprinkled with chopped parsley

Tip: liver should be cooked as quickly as possible over a high heat, otherwise it will become tough and rubbery