



*Liver is one of the most nutritional meats to eat. It contains significant amounts of folate, iron, vitamin B, vitamin A, and copper and eating a single serving can help you meet your daily recommended amount of all of these vitamins and minerals. Liver has an intensely strong flavor and is something you either love or hate. Serve with caramelized onions and mashed potatoes.*

## **Fried Liver and Onions**

### *Ingredients*

1/2 lb grain fed veal liver pieces  
2 teaspoons ground cumin  
2 teaspoons Kosher salt  
1 teaspoon ground black pepper  
1/2 cup to 1 cup flour (for dusting)  
1/4 cup olive oil (for frying)

### *Ingredients - Onion Topping*

1 Vidalia sweet onion, sliced  
4 tablespoons olive oil  
Salt and pepper to taste

### *Instructions*

Dry the liver pieces between paper towels to remove as much moisture as possible from the surface. Season with the salt, cumin and pepper and coat in flour. Heat the oil and fry pieces to an internal temperature of 160°F (approximately 3 to 4 minutes per side). Do not overcook the liver as it will get rubbery.

To prepare the onions, heat the oil and add the onion slices. Season with salt and pepper and cook until caramelized (approximately 20 minutes).

Serves 2 to 3.