

Pan-Fried Liver and Onions with Bacon



Ingredients:

- 450g/1lb lamb's liver, sliced
- 15ml/1tbsp plain flour
- Salt and freshly milled black pepper
- 1 small handful fresh sage leaves, finely chopped
- 175g/6oz smoked back or streaky bacon, cut into pieces, or pancetta cubes
- 1 medium onion, peeled and finely sliced
- 5ml/1tsp olive oil
- 45ml/3tbsp good, aged balsamic vinegar
- 250ml/9floz good, hot lamb stock

Method:

1. In a shallow bowl mix together the flour, seasoning and sage leaves. Toss the liver in the seasoned flour.
2. Heat a large non-stick frying pan cook the bacon or pancetta and onions for 3-4 minutes until crispy. Remove and keep warm.
3. In the same pan heat the oil and cook the liver for 1-2 minutes on each side, to seal. Remove the liver from the pan and keep warm with the bacon.
4. Add the balsamic vinegar to the pan and stir in the stock, return the liver and bacon to the pan and simmer for 5 minutes.
5. Serve with crispy onions, mashed potatoes and carrots.