



Liver is one of my favorite organ meats. It is soft, has a rich taste and takes a short time to cook. This recipe will show you how to make unforgettable, tasty liver.

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**\*\*Serves:7**

**\*\*Time:2 hours**

Ingredients:

For the marinade

1/2 a cup of milk

6 cloves of garlic

1 bunch of green onion

1 kg of diced liver

1/2 a bulb of ginger

### For frying the liver:

Boiled Liver	1 tablespoon of royco (all-spice mix)
1 Large red onion, finely diced	1 teaspoon of garlic powder (or 3 cloves of fresh garlic)
1 bunch of green onion, finely diced	1/2 a teaspoon of dried sage (or 1 teaspoon of fresh sage)
3 ripe tomatoes finely diced	Salt to taste
2 large green bell peppers , finely diced	
1 tablespoon of tomato paste	

### Method.

Cut you liver into small cube pieces. Rinse them really well until all the blood comes out, this may require several washes. Then put it in a bowl or a sufuria, add your garlic, ginger, green onion and milk then mix. Cover with cling film and let it sit for sometime but up to 6 hours.

After your time has elapsed, put the liver into a sufuria, and add one cup of water to boil. Let it boil for around 40 minutes. This allows it to be really tender. Once you are done you can begin frying.

Put your onions into a sufuria and sauté until they are soft. Then add your tomatoes, and after five minutes add your tomato paste. To this add some warm water and let it simmer for about five minutes until it thickens. This will form the base of the liver.

Then add your boiled liver and half of the bell peppers then let it simmer in the tomato sauce for about 5 minutes. After that add your spices and your salt.

Allow this to stay on the heat for about 5 minutes, then add the remaining bell peppers. Let this stay on the heat for another 3 minutes then serve.

This delicious recipe was brought to you by Kaluhi's Kitchen

<http://kaluhiskitchen.com/ginger-garlic-marinated-liver/>