



Liver is an excellent and tasty substitute to red meat. My thyme and chili liver recipe plays up its flavor and will have you coming back for more



## Ingredients

1/2 a kg of liver	1.2 a cup of milk
1 large tomato, grated	1 tablespoon of tomato paste
1 red onion, finely diced	1 tablespoon of Worcestershire sauce
6 cloves of garlic	1 tablespoon of soy sauce
1/2 teaspoon of black pepper	1 green bell pepper
1/4 teaspoon of thyme	1 tablespoon of royco
1/2 of thumbsized ginger root	salt to taste
1 small birds eye chilli	coriander for garnish

## Method.

Remove the membrane coating the liver. Chop it up and rinse it in running water to remove excess blood. Mine took three rinses. Thereafter, soak the liver in your milk for 30 minutes. As that is going, crush your garlic, chili, ginger and dried thyme in a kinu (pestle and mortar) until it forms a paste.

In a pan, heat some vegetable oil. Add your onions, garlic-chili-ginger paste, half of your finely diced bell pepper, salt and pepper. Saute this for about 5 minutes or until it is fragrant. Do not burn this.

After this, add the tomatoes, your worcestershire sauce, soy sauce and tomato paste and let this simmer down for about 5-8 minutes.

Rinse the milk off your liver, drain the excess water and add this to your tomatoes. Also add the remaining green bell pepper and let this saute for 5-10 minutes. It cooks really fast so keep your eye on it.

Take one piece and cut it to ascertain that it is cooked through. Once you are certain it is done add your diced coriander and serve.



**SERVE WITH:** a starch and vegetable of your choice

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/thyme-and-chili-liver/>