



three herb
garlic liver

Upon request of one of my most loyal readers, here is my fourth liver recipe which you will enjoy as well: my three herb garlic liver <3



Ingredients

1 kg of liver	1 ½ tablespoons of royco
1 red onion, finely chopped	1 tomato, minced
1 white onion, finely chopped	1 tablespoon of tomato paste
5 cloves of garlic, minced	½ a cup of milk
½ a teaspoon of thyme	1 hoho, finely chopped
½ a teaspoon of oregano	Salt to taste
½ a teaspoon of rosemary	Vegetable oil for frying
1 tablespoon of paprika	

Method

Peel the membrane off the liver and chop into neat cubes. Soak it in your milk for about 30 minutes. In the mean time, get started on the mchuzi.

In a sufuria, add the onions, garlic and the hoho. Let this sautee until softened and fragrant. Add the tomatoes, plus the tomato paste. This should then be followed by the herbs and spices, then ¼ cup of hot water. Let this cook until thickened. Drain the milk from the liver then add this to the tomatoes to sautee on high heat for about 8 minutes until cooked through.

Garnish with fresh dania and serve!



SERVE WITH: potatoes/ ugali and your fave veggies

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/three-herb-garlic-liver/>