

Arnavut ciğeri

This is such a delicious way to eat lamb's liver that it is even possible to convert those who don't usually like it. Translated as "Albanian liver", it is one of those dishes that was adopted by the Palace kitchens as the Ottoman Empire consumed vast expanses of Eastern Europe. Traditionally served as a hot or cold *meze* dish with sliced red onion and flat leaf parsley, it is also a wonderful dish for supper, served with a salad and a dollop of creamy yogurt if you like.

500g/1½lb fresh lamb's liver
 30ml/2 tbsp plain (all-purpose) flour
 5–10ml/1–2 tsp Turkish red pepper or paprika
 45–60ml/3–4 tbsp olive oil
 2 garlic cloves, finely chopped
 5–10ml/1–2 tsp cumin seeds
 sea salt

1 large red onion, cut in half lengthways, in half again crossways, and sliced along the grain

TO SERVE
 a handful of fresh flat leaf parsley
 1 lemon, cut into wedges

SERVES 4



per portion Energy 298kcal/1245kJ; Protein 27g; Carbohydrate 11.8g, of which sugars 4.3g; Fat 16.3g, of which saturates 3.3g; Cholesterol 538mg; Calcium 37mg; Fibre 1.3g; Sodium 94mg.



1 Place the liver on a chopping board. Using a sharp knife, remove any skin and ducts, then cut the liver into thin strips or bitesize cubes.

2 Mix the flour and red pepper or paprika in a shallow bowl and toss the liver in it until well coated.

3 Heat the oil in a heavy pan. Add the garlic and cumin seeds, season with sea salt and cook until the cumin gives off a nutty aroma. Toss in the liver and stir-fry quickly for 2–3 minutes so that it cooks on all sides. Remove and drain on kitchen paper.

4 Spread the sliced onion on a serving dish, spoon the the liver in the middle and garnish with parsley leaves. Serve hot or cold, with the lemon wedges for squeezing.

Learn



250g/9oz/generous 1 lb
 minced (ground) lamb
 1 onion, finely chopped
 2 garlic cloves, crushed
 10–15ml/2–3 tsp ground
 30ml/2 tbsp pine nuts
 30ml/2 tbsp currants, so
 water for 5–10 minutes
 5ml/1 tsp Turkish red p
 2 slices of day-old white
 ground into crumbs
 1 egg, lightly beaten
 15ml/1 tbsp tomato ket
 1 bunch each of fresh fl
 and dill
 60ml/4 tbsp plain (all-p
 sunflower oil, for shall
 salt and ground black p
 lemon wedges, to serve

SERVES 4–6

meatballs to go
 pine nuts and add 5ml
 and 1 chopped fresh ho
 small balls, cook as abo
 then tuck into toasted p
 with sliced red onion, d
 parsley and garlic-flavou

per portion Energy 261kcal/1092kJ