

MASH SERVED WITH OX LIVER AND ONIONS



Serving: 2

Cooking Time: 35-45 min

Prep Time: 60 min

INGREDIENTS

- **Ingredients for liver and onions:**

- 800g ox liver, cleaned and sliced
- 180ml low fat milk
- 30ml (2 tbsp) cake flour
- 15ml (1 tbsp) butter
- 250g onions, sliced
- 250ml (1 cup) beef stock
- 15ml (1 tbsp) tomato puree
- 10ml (2 tsp) dried sage
- Salt and freshly ground black pepper, to taste
- **Ingredients for mash:**
- 500g potatoes
- 80g butter, cubed
- 60ml (¼ cup) low fat warm milk
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS

1. Soak the liver in the milk for (+/- 1 hour) then remove and pat dry with paper towels. Season well and dredge in the flour.
2. Bake the bacon between two sheets of baking paper until crispy for (+/- 10 minutes) and set aside.
3. Cook the potatoes in plenty of salted water until cooked for (+/- 30 minutes). Drain.
4. Sear the liver in butter and set aside. In the same pan add the onion and cook for (+/- 5 minutes). Pour over the stock and tomato puree and sage then the liver with any juices. Cover and cook until the liver is cooked for (+/- 1 hour).

5. While still hot mash well the potatoes and mix in the butter, milk and season well.

6. Serve the mash with the livers while still hot.