

MASHED POTATOES, OX LIVER AND CHAKALAKA



Author:

Serving: -

Cooking Time: -

Prep Time: -

INGREDIENTS

- **Ingredients: Ox liver**

- 500g Ox liver (cubed)
- 1 sachet of BBQ spice
- Half a cup of BBQ sauce
- Oil for frying
- **Ingredients: Mash**
- 500g potatoes (peeled and cubed)
- 4 tablespoons of butter
- Salt for seasoning
- 1 litre of water

INSTRUCTIONS

Method of Preparation: Ox liver

1. Add oil into your pot and let it heat, then fry ox liver for 5 minutes
2. Sprinkle the BBQ spice and fry for an extra 2 minutes
3. Add BBQ sauce and fry for a further 3 minutes

Method of Preparation: Mash

1. Pour water in your pot, add potatoes and boil till potatoes are soft
2. Drain water, add butter, salt and mash

Tip: do not drain all the water when you going to mash potatoes so that it helps in having smoother mashed potatoes