

Beyond Baked Beans

Cheap healthy food for students,
singles and anyone else on a budget



Fegato con balsamico publication date: Oct 8, 2007

|
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“Liver! Eurrgh!” may well be your reaction to this recipe but if you're open to a bit of culinary experimentation read on. It's cheap, it's quick to cook and it's fantastically nutritious*. It's also a component of some of the world's most sophisticated cuisines (Italian and Turkish being prime examples - hence giving the recipe this rather more appealing name)

What you obviously need to do is to season it well and that's where the balsamic (also useful for drizzling over salads) comes in. You also need some veg with it - I'd suggest a dark leafy salad such as spinach, watercress and rocket (or simply watercress or rocket), broccoli or spinach. Get that ready first 'cos the liver only takes a couple of minutes.

Serves 1

Time: 3 minutes (+ time for cooking the veg)

Cost: about £1.30

1 tbsp sunflower oil or light olive oil
3 thin slices of lambs' liver (about 200-250g in total)
1 tbsp balsamic vinegar
1 level tbsp tomato ketchup
Salt and pepper

Heat a ridged grill pan or frying pan over a moderate to high heat for about a minute and a half. Pour a little oil in the pan then pour it away. Put the pan back on the hob, lay the liver slices in the pan and cook until you see the blood begin to rise to the surface - about a minute (apologies to veggies but you probably haven't got this far). Turn the liver over and cook for a minute the other side. Take the pan off the heat. Mix the balsamic vinegar with the ketchup and 3 tbsp water and pour in the pan. It will bubble up and reduce to about a spoonful. Serve the liver with the sauce spooned over with a green leafy salad or some broccoli or spinach for an ultra-healthy meal plus some mash for a rather more filling one

TOP TIPS

* *Liver is particularly rich in iron which is vital to keep up your energy levels. Having a drink rich in vitamin C such as orange or apple juice with the meal will aid its absorption.*

* You should eat liver the same day as you buy it as like other offal and mince it doesn't keep well.

* If you like this recipe you'll also enjoy the Kebda recipe from *Beyond Baked Beans*.

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