

LIVER AND ONIONS RECIPE

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Follow these step-by-step, photo illustrated instructions for our Liver and Onions complete with a printable recipe. I know, its an acquired taste but, it's certainly worth giving this old southern favorite a try. It's quick and easy and goes great with rice or mashed potatoes.



Liver and Onions Recipe:

Liver and Onions is definitely an acquired taste. I just wonder if all the people that seem to be turned off by even the thought of Liver and Onions have ever even tried it. How will you know if you don't try it?

For me, Liver and Onions is one of those things I just like to have "ever so often." It's one of those things that you don't even have to have been thinking about but, you walk into a cafeteria and see it on the serving line and you just automatically say, "Gotta have the Liver and Onions." Or, you see it on a restaurant menu at some special little Southern style home cooking restaurant and you know... "I gotta have some Liver and Onions." I can't even explain it myself but, I know that when it presents itself, I usually end up ordering it. I just gotta have it.

I'm more apt to order it out than I am to prepare it at home. However, the same kind of thing happens when I'm walking through the grocery store and spot a package of liver in the freezer section. It just kind of calls my name and, next thing you know, I'm opening the door of that freezer and placing a pack in my shopping cart. Now that I think about it, maybe it has a mysterious pull on me and my brain. Hmmm.

Either way, it's not difficult at all to make Liver and Onions at home. If nothing else, the aroma of those onions cooking up in the cast iron skillet will make your head spin with delight. I do hope you will at least consider giving the recipe a try. I've got the full instructions below plus a printable recipe is at the end of this post. It may not be one of the prettiest recipes I've done but I've tried to take precautionary steps to make it as easy on the eyes as possible. You probably want even notice stuff like that. Ready for some delicious Liver and Onions? Alright then... Let's Get Cooking!



Liver and Onions Recipe: You'll need these ingredients.



Place the liver in a colander and let it drain. Do not try to rinse it, the water will just about wash it all away if you do. It's very fragile once its been frozen and thawed. Just slide it into the colander and let it drain a little. Raw liver will probably never win any awards for being "Most Photogenic." Just saying.

Some folks soak the liver in milk for about 20-30 minutes before going any further. They say it removes some of that "liver" taste. If you're sensitive to it, you might want to give it a try. I've never done it as I kind of like the taste.



Slice both ends off of your onion and peel away the outer layer of skin.



Slice the onion into a gazillion pieces.



Place your skillet over Medium heat and let it warm up a bit. Then, add two Tablespoons of Butter to the pan.



Place the sliced onions in the pan.



It will take about 15-20 minutes for the onions to cook down. Just stir them as needed and, let them become translucent and slightly browned. Watch the heat under them and don't let them cook too fast or let them burn.



Your kitchen should be smelling pretty good about now. I love the smell of onions as they cook, reminds me of the fair.



When they're done, remove the onions and set aside.



Place the liver on a tray and sprinkle with Salt, Black Pepper and a little Paprika. Use your best judgement and season to taste. If the liver is getting too soft to handle, you can always pop it back in the freezer part of your refrigerator for a few minutes to firm it back up.



Set up a dredge station for the flour by placing it in a container. I'm using one of those Chinese Tupperware plates leftover from one of my take out orders of Sesame Chicken.



Take each piece of the seasoned liver and dip it into the flour. Coat each side well, shaking off any excess and place the liver pieces back in the same pan you took them from until you have coated all pieces.



You'll probably have to add a little more butter or some cooking oil to your skillet. You need a thin layer of oil in which to fry the liver pieces. Add the oil, let it warm up until it's ready for frying. You can test this by dropping a pinch of flour into the hot oil. If it sizzles, the pan is hot enough to start frying in. Carefully place a couple of pieces of liver in the skillet and let it cook for about 3 minutes. Use some tongs and lift a piece up to be sure it's not cooking too fast. Once it's lightly browned on the bottom, flip it over.



Flip the liver over and let the other side cook about 2 or 3 minutes more. Watch it carefully, don't over cook it or let it cook at hot enough temperature to burn. Burned liver will not be good.



You can always cut into a portion of the liver to see if it's done to your preference. You want to cook it long enough that there aren't any red juices running out of it and, just to the point of not showing any red when cut open.



Serve the liver warm over a bed of rice with the onions on top. Or, serve up some mashed potatoes and gravy on the side, either way... it's gonna be good. Enjoy!

NOTE: *Some folks like to cook the liver for just a couple of minutes on each side then remove it from the pan. Then, they make a gravy with the pan drippings and return the liver back to the skillet along with the onions. A lid is placed over the skillet and everything is allowed to cook together for about 15 minutes or more until the liver is completely done. I like it that way myself most of the time. Just saying.*