

Beef Liver with Sweet and Sour Sauce (Brian Keck)

1 lb. beef liver, cleaned and cubed
¼ t. pepper
3 t. oil
1 onion, coarsely chopped
½ c. boiling water mixed with 4 t. lemon juice
3 t. flour
2 t. sugar
3 t. white vinegar
salt to taste

Sprinkle pepper on liver. Heat oil and saute onion until golden brown. Add liver and fry for 3 minutes more. Add water and lemon juice mixture and simmer for 8 to 10 minutes. Mix flour, sugar, vinegar, and salt, add to the liver stirring constantly until the sauce thickens. Simmer a few minutes more over a very low heat. Serve hot.

“I'm not a big fan of liver, but this recipe makes it actually taste pretty good. This recipe is from South Africa.”