



Courtesy of Kaluhi and <http://www.kaluhiskitchen.com/three-herb-garlic-liver/>

Ingredients

- 2.2 lbs of Liver (beef liver, chicken liver, duck liver) - chicken and duck liver will be more mild and tender. Beef liver will need to be soaked in milk for a short time and the membrane removed to make it tender and more mild.
- 1 red onion, finely chopped
- 1 white onion, finely chopped
- 5 cloves of garlic, minced
- ½ a teaspoon of thyme
- ½ a teaspoon of oregano
- ½ a teaspoon of rosemary
- 1 tablespoon of paprika
- 1 ½ tablespoons of royco (this is a spice blend -but don't use it)
 - Royco has a lot of flavor enhancers that we want to avoid. In its place [USE Latha's Biryani Masala](#) or other natural spice blends you enjoy. [See recipe below](#) and check out Latha's other spice blend recipes at: <http://vegrecipesofkarnataka.com/pickle-papad-fryum.php>
 - A [premixed Garam Masala mix](#) purchased from the store can also be substituted
- 1 tomato, minced
- 1 tablespoon of tomato paste
- ½ a cup of milk or coconut milk
- 1 green pepper, finely chopped
- Salt to taste
- Olive Oil

Kaluhi's Directions (with slight adaptations by Njeri)

1. As always, the main and most important step for making super tender liver is peeling the membrane that coats it. This membrane has a tendency of tightening in the presence of heat, so it has to go. It comes right off like cellotape, and [this video](#) very clearly shows that so please watch it for clear guidance. <https://www.youtube.com/watch?v=Z8StdbEF5sc&feature=youtu.be> - Link to Video
2. Peel the membrane off the liver and chop into neat cubes.
3. Soak it in your milk. You will need only about 1/4 cup to 1/2 a cup. Why do we soak the liver in milk you ask? We soak it in milk so that any toxin present can be drawn out into the milk, and also, to further soften the liver.
4. Let it sit for about 30 minutes, and we will later on drain all this before cooking. In the mean time, get started on the Spice mixture.
5. In a skillet, add the onions, garlic and the green pepper. I used two kinds of onions so as to up the flavor profile, and we all know liver and onions tastes amazing! You can use spring onion as well. Let this sautee until softened and fragrant. Add the tomatoes, plus the tomato paste. Ensure the tomato paste cooks down well.
6. This should then be followed by the herbs and spices, then 1/4 cup of hot water. For my herbs, I went with thyme, rosemary and oregano. They are available in every single well stocked supermarket spice aisle and that we are happy about! These three elevate the flavor profile of nearly any meat dish and are absolutely divine with my liver.
7. Let this cook until thickened. Drain the milk from the liver completely then add this to the tomatoes to sautee on high heat for about 8 minutes until cooked through.
8. Yes, when you remove the membrane, you do not need to boil the liver. It becomes way too tender to boil before stewing. I was a bit skeptical about this method when my aunt introduced it to me a few years ago, but upon trying it myself, it is safe to say it is the method I will be using for life! In case you are still in doubt, I have proved to you [in the video](#) that they indeed cook through completely! <https://www.youtube.com/watch?v=Z8StdbEF5sc&feature=youtu.be> - Link to the video again.
9. Garnish with fresh parsley.



Latha's Biryani Masala Powder

Courtesy of Latha and <http://vegrecipesofkarnataka.com/280-biryani-masala-powder-recipe-home-made.php>

Ingredients: (measuring cup used = 240ml)

- 10 tsp coriander seeds
- 4 tsp shahi jeera or black cumin seeds
- 2 tsp cloves
- 2 finger length cinnamon
- 1 bay leaf
- 2 tsp fennel seeds or saunf
- 1 tsp pepper
- 2 big black cardamom
- 5 green cardamom
- 1 mace flower
- 2 star anise
- 1/2 tsp grated nutmeg

Instructions:

1. Take all the ingredients as per the measurement.
2. Next either sun dry them or just warm them using a wok or frying pan.
3. At the end add in grated nutmeg powder and give a quick mix.
4. Wait until all the roasted ingredients are cool. Once they are cool, transfer it into a mason jar.
5. Grind it into a fine powder using a Coffee Grinder. Store it in an air tight container. Use this powder and prepare tasty vegetable biriyani.