

1934

## EC917 Recipes for Using Liver

Florence Atwood

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## RECIPES FOR USING LIVER

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General Preparation

Liver may be prepared for cooking by wiping with a damp cloth and in case of heavier livers, by removing the outer skin and veins. Soaking or scalding liver is not necessary for good results. However, scalding the liver makes it easier to handle.

Tenderness and flavor of liver may be increased in the same way as in other meats, by using the following methods:

1. Careful slow cooking.
2. Grinding or chopping.
3. Soaking in an acid as tomato juice or sour milk or in fat, such as oil, before cooking, for three or four hours.
4. Larding is placing small pieces of bacon, fat ham, or salt pork uniformly over top of liver.

(1) FRICASSED LIVER (Six servings)

Cut  $1\frac{1}{2}$  lb. of liver,  $\frac{3}{4}$  inch thick. Dip pieces in milk and roll in flour. Brown on both sides in bacon fat. Put into a covered dish, barely cover with milk and cook very slowly for  $1\frac{1}{2}$  hours. If the flavor of onion is desired, put very thin slices over the top of the liver in the oven the last half hour of baking.

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(2) ROAST LIVER

2 pound piece of liver	1 t. salt
1 c. chopped bacon or fat pork	2 c. chopped onions
2 c. of tomato juice	

Soak liver for a few hours in tomato juice to which  $\frac{1}{2}$  c. vinegar has been added to 2 quarts of water, then drain. Cut 3 or 4 gashes an inch or so deep in top side of liver. Sprinkle the gashes with salt and fill with chopped bacon. Place in roaster. Put in hot oven to sear outside. Reduce heat of oven (slow). Pour tomato juice around liver and bake for  $1\frac{1}{2}$  hours. During last  $\frac{1}{2}$  hour of baking, cover liver with a thin layer of chopped onion. Serve sliced using sauce over meat.

(3) BAKED LIVER, SWEDISH STYLE (Six servings)

$1\frac{1}{2}$ pounds beef liver	2 apples, sliced
Flour to dredge	6 prunes, cooked and stoned
Salt and pepper	1 slice bacon, chopped
1 c. evaporated milk	2 slices bacon

Soak liver over night in sour milk. Cut liver on thick side to form a pocket and sprinkle cavity with salt and pepper, then fill with fruit and bits of chopped bacon. Sew or skewer liver together. Make several cuts about  $\frac{1}{4}$  inch deep on outer top of surface. Dredge with flour. Place in baking dish and put slices of bacon over top. Add  $\frac{1}{2}$  c. water and bake for 2 hours in a moderate oven, basting occasionally. When done, place liver on a platter. Thicken liquid in pan with flour, add milk, and seasonings and serve with meat.

(4) BREADED LIVER (Four servings)

1 lb. liver (4 slices)	1 c. bread crumbs
2 eggs	2 T. bacon fat
2 T. vinegar	$\frac{1}{2}$ t. salt, pepper

Wipe and parboil liver gently for 5 minutes, drain and remove any loose membrane or skin. Add vinegar and seasonings to slightly beaten eggs. Dip liver in egg, roll in crumbs and again in egg. Place in a shallow pan containing hot fat. Bake in hot oven for 25 minutes. Turn liver once during baking.

(5) LIVER IN GRAVY (Five servings)

1 lb. liver	4 T. drippings
1 egg beaten	3 c. hot water
2 T. flour	1 slice onion - minced
1 t. salt	$\frac{1}{8}$ t. pepper

Sprinkle slices of liver with salt and pepper, dredge with flour, dip in beaten egg diluted with 2 T. cold water. Brown in drippings, then add hot water and rest of seasonings. Cover and simmer for one hour. Remove from pan and thicken liquid in pan, season and pour over liver.

(6) LIVER LOAF (Eight servings)

$1\frac{1}{2}$ lb. liver	2 T. drippings or fat pork
$1\frac{1}{2}$ c. bread crumbs	$1\frac{1}{2}$ t. salt
2 eggs	$\frac{1}{8}$ t. pepper
1 c. milk	1 T. onion
$\frac{1}{2}$ c. stock	$\frac{1}{2}$ green pepper, chopped (if desired)

Wipe liver, cut into slices, then chop liver and vegetables. Add crumbs moistened in beaten eggs and liquid, fat and seasonings. Beat together well, pour mixture into well-greased baking dish and set in a pan of hot water. Bake  $1\frac{1}{2}$  hours in moderate oven.



LIVER LOAF (Continued)

Variation: Bake loaf in oval shape. Make a plain baking powder biscuit dough, roll into an oblong shape 2 or 3 inches larger each way than the loaf. When the loaf is done remove from oven and drop dough completely around it. Place on pie tin and bake in hot oven until golden brown. Make a well-seasoned gravy of juices left in pan in which the liver was baked. Cut roll in slices and serve with gravy.

(7) LIVER AND POTATO LOAF (Six servings)

3 c. liver	7 small potatoes, cooked
1 1/4 c. bacon	2 t. onion, chopped
7 T. flour	1/2 T. vinegar
2 eggs	1 t. salt
2 c. milk	1/4 t. pepper

Let liver stand for an hour or more in bacon fat, then chop the liver and the bacon. Add flour, seasonings, milk and eggs gradually, working it thoroly until mixture is smooth. Add remaining ingredients. Turn into greased pan and bake over pan of hot water.

(8) LIVER HASH (Six Servings)

2 c. cooked liver, cubed.	1 onion, minced
1 c. milk or stock	1/8 t. pepper
1 c. potato, cubed	1/2 t. salt
2 T. fat	

Combine liver, potato and seasonings. Heat fat and add this mixture. When browned, add liquid, cover and cook or bake slowly 30 minutes or until thoroly heated.

Variation: Other cooked vegetables, such as cubed carrots and beans can be added to this hash and give a surprisingly good variation.

(9) PORK LIVER LOAF

2 lb. ground pork liver	2 T. chopped onion
1/2 lb. ground salt or fresh pork	2 t. salt (omit if salt pork is used)
1 c. bread crumbs	1/2 t. pepper
1 c. tomatoes	1 egg, if desired

Mix part of the seasoning with the tomatoes to use as sauce. Combine the remaining ingredients and shape into balls. Add a little milk if the mixture is too dry. Place in a shallow pan, pour the tomato mixture over the balls, and bake slowly for about 30 minutes.

(10) BRAISED LIVER WITH VEGETABLES-(Five servings)

1 lb. liver	1/8 t. pepper
1 1/2 T. bacon fat	1 small turnip, cubed
1 c. stock	2 carrots, sliced
1 1/2 T. flour	1/2 t. salt

Cut liver into 2-inch squares, roll in flour, season with salt and pepper, and brown in bacon fat. Remove from fat, add vegetables, and brown slightly. Combine liver, vegetables and stock. Pour into casserole, cover and bake in a moderate oven (350 degrees F.) 1 1/2 to 2 hours. Uncover during last half hour of cooking. If desired, liquid in casserole can be thickened to give a gravy.

Variation: In place of turnips and carrots, add 1 cup cubed celery and 6 to 8 small potatoes, or vary the vegetables to suit the taste. Salt pork or bacon may be used in place of the fat.



(11) LIVER EN CASSEROLE

$\frac{1}{2}$  pound liver, chopped  
2 slices bacon

1 c. tomato or brown sauce  
 $\frac{3}{4}$  c. uncooked rice or navy beans  
1 T. butter

$\frac{3}{4}$  t. salt  
1 T. green pepper, chopped  
if desired.  
1 onion sliced  
 $\frac{1}{8}$  t. pepper

Wash, pare and cube vegetables, boil them 20 minutes and place in a casserole with the stock in which the vegetables have been cooked. If more thickening is needed, add flour mixed with cold water. Cover vegetables with liver which has first been cut into pieces, dredged with flour, salt and pepper and seared. Cover dish and bake in a slow oven (300 degrees F.) for 1 hour.

(12) LIVER WITH SPAGHETTI-ITALIAN STYLE

1 c. beef or pork liver cubed  
 $\frac{1}{2}$  T. drippings

$\frac{1}{2}$  c. tomato pulp  
3 c. water  
 $\frac{1}{2}$  c. uncooked spaghetti

$\frac{1}{4}$  c. onion, chopped  
1 t. parsley, minced,  
if available.  
 $\frac{1}{2}$  t. salt  
Dash pepper  
2 T. cheese, grated

Brown onion in fat, add cubed liver and seasonings, cook slowly for 10 minutes. Add tomato pulp and continue cooking 20 minutes. Cook spaghetti in salted water. When done, drain, and place on a platter. Pour over it the liver mixture, sprinkle with cheese and serve.

(13) CREAMED LIVER (Four servings)

$1\frac{1}{2}$  c. liver, cubed  
1 c. milk  
2 T. fat

2 T. flour  
 $\frac{1}{2}$  t. salt  
 $\frac{1}{8}$  t. pepper

Make a cream sauce according to the method preferred, add cubed liver, salt, and pepper. Cook gently for 12 to 15 minutes, or until liver is tender. Beef liver will take a little longer. Serve on toast or with baked potato.

Variations: Finely cubed cooked liver may be added to a number of creamed or escalloped vegetables. Add the liver to the sauce or arrange as a garnish over the top. About  $\frac{1}{2}$  to  $\frac{1}{3}$  as much liver as vegetables is sufficient.

To make Liver a la King, add to this recipe, 1 egg yolk slightly beaten and 3 table-  
spoons of pimiento cut in strips.

For a darker sauce, sear the liver before adding it to the sauce.

(14) LIVER ROLLS (Five servings)

1 pound liver, sliced  
Drippings for browning

1 t. salt  
 $\frac{1}{8}$  t. pepper

Stuffing for Rolls

2 c. dry bread crumbs  
1 c. meat stock  
 $\frac{1}{2}$  t. parsley, chopped

$\frac{1}{2}$  onion, chopped  
2 slices bacon, chopped  
 $\frac{1}{2}$  t. salt

$\frac{1}{2}$  t. pepper

Wipe sliced liver, parboil 5 minutes and drain. Sprinkle with salt and pepper and place a spoonful of stuffing on top of each slice. Roll each slice and fasten with a toothpick or string. Sear the rolls in hot bacon fat, add a small amount of water, cover tightly, and simmer until liver is tender, about a half hour. If desired, make a gravy of the liquid in the pan, or serve with a separate sauce.

To make the stuffing, cube bacon and fry, add onion and brown. Meanwhile soak bread crumbs in liquid, add seasonings and combine with bacon and onion.



(15) BISCUIT SURPRISE

2 c. flour  
 $\frac{1}{2}$  t. salt  
 $\frac{1}{3}$  c. fat

$2\frac{1}{2}$  t. baking powder  
 $\frac{3}{4}$  c. milk (scant)

Combine the sifted dry ingredients and fat by blending with fork. Turn the milk all at once into fat and flour mixture, beat until it thickens. Turn dough on to a lightly floured board and knead for 20 seconds. Roll thin and cut. Place a teaspoon of the following mixture in center. (Grind liver, season and moisten with stock and use as a filling) Wet the edges of the biscuit and place another layer biscuit on top, pressing edges together. Bake in a hot oven 12 to 15 minutes.

(16) LIVER AND BEEF ROOL

1 c. chopped cooked pork  
1 c. chopped cooked liver  
1 t. salt  
 $\frac{1}{2}$  onion

$\frac{1}{2}$  c. flour  
2 T. fat  
Biscuit dough  
1 c. gravy or broth

Make a sauce of the flour, fat, gravy or broth. Cook until thickened. Roll biscuit dough about  $\frac{1}{2}$ -inch thick and of right size to fit bread pan. Place the meat on the dough and leave the dough uncovered about one inch from the sides. Roll up like a jelly roll and bake in oven until crust is a golden brown. This may be served with tomato or tomato sauce.

(17) LIVER DUMPLINGS

1 lb. liver chopped  
1  $\frac{1}{3}$  c. bread crumbs  
1 egg  
 $\frac{1}{4}$  t. pepper

1 onion chopped fine  
2 t. chopped parsley  
 $3\frac{1}{2}$  T. flour  
2 t. salt

Make a meat broth in which diced potato, carrots and onion have been cooked. Chop the liver, onions, and parsley together. Mix with the other ingredients. The consistency should be that of drop biscuits. Drop by tablespoons into the well seasoned hot soup stock. Cover closely and cook for 10 minutes. A test dumpling may be made and tried if desired. If it does not hold together add more flour. Serve in a soup dish with the broth and vegetables.

(18) LIVER CROQUETTES (Five servings)

2 c. liver, cooked  
1 c. thick white sauce  
2 T. cooked rice or mashed potatoes  
Bread crumbs - for rolling  
1 egg - for rolling

$\frac{1}{8}$  t. paprika  
 $\frac{1}{2}$  t. onion juice  
 $\frac{1}{8}$  t. pepper  
 $\frac{1}{4}$  t. salt  
 $\frac{1}{2}$  t. vinegar

Wipe and gently cook liver in slightly salted water until tender, then chop or grind. Make white sauce, and add to it seasonings and rice; mix well with meat and chill thoroly. Shape with fingers and roll in bread crumbs, then in beaten egg diluted with 2 tablespoons cold water and again in crumbs. Fry to a golden brown in deep fat.

(19) LIVER OMELET

Wipe liver, remove any skin, cut it into cubes, and sear in bacon drippings. Season and serve in a folded omelet. For a more substantial dish, make a gravy or a tomato sauce using the fat in the pan, add liver and pour this over the omelet.



# LIVER OMELET (Continued)

Cooked liver, finely chopped and seasoned, may be combined with scrambled eggs in cooking, allowing  $\frac{1}{4}$  cup liver to each egg, or broiled liver may be served separately to accompany the scrambled eggs.

## (20) LIVER AND VEGETABLE SALAD (Four servings)

1 c. cooked liver	$\frac{1}{2}$ c. raw carrots, shredded
$\frac{1}{2}$ c. chopped cabbage	2 T. onion, minced
2 T. green pepper, chopped	Mayonnaise to moisten

If available,  $\frac{1}{2}$  c. tomato juice and lettuce leaves  
 Let liver stand for 1 hour in a French dressing. Drain, add vegetables and enough mayonnaise to moisten. Serve on crisp lettuce leaves and garnish with mayonnaise and chopped parsley.

Variation: Vegetables can be varied depending upon the season of the year. Celery and cucumber are a good combination.

## (21) STUFFED CABBAGE LEAVES (Six servings)

1 c. liver chopped or ground	1 t. salt
2 T. bacon fat	Dash nutmeg or cinnamon, if desired
1 c. cooked rice	1 small onion, minced
1 beaten egg	$\frac{1}{2}$ c. bread crumbs
	10 to 12 cabbage leaves

Remove the outer leaves of a cabbage head, wash, then cover with boiling water and cook for 3 to 5 minutes or until the leaves begin to look transparent.

Combine the liver, rice, beaten egg, bread crumbs, 1 tablespoon each of bacon fat and onion, and seasonings. Mix thoroly. Remove cabbage leaves from water, drain, and on each leaf place a large tablespoon of the liver mixture. Roll and fold each cabbage leaf, and then tie with string or fasten with toothpick.

Melt rest of bacon fat in a deep frying pan, brown slightly the rest of the onion and lay on it the filled cabbage leaves. Pour over them the stock or tomato juice, if available, cover and cook slowly over a low fire 1 hour or bake in a moderate oven (375 degrees F.) 45 minutes.

Variations: If fat is limited in the diet, omit it in the recipe and scant the amount used for browning. If the cabbage rolls are preferred brown, use only a small amount of liquid in the pan.

## (22) STUFFED PEPPERS (Six servings)

2 c. cooked liver	2 T. onion, chopped
$\frac{1}{2}$ c. cream or 1 T. bacon fat and	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. milk, stock or tomato juice	$\frac{1}{4}$ t. pepper
1 c. cooked rice	8 medium green peppers

Parboil peppers, after seeds are removed, for 5 minutes. Wipe liver and grind with the onion. Add fat, seasonings, tomato juice, and rice. Lightly salt and pepper inside of peppers and fill them with the prepared liver stuffing. Hold tops of the peppers in place with toothpicks or small skewers. Place upright in a baking pan with a small amount of water. Bake 30 minutes in a moderate oven (325 degrees F.)



### STUFFED PEPPERS (Continued)

Variations: Mashed potatoes, cooked oatmeal or barley may be substituted for the rice. Other vegetables such as tomatoes, onions, etc. are equally good when filled with this stuffing.

Finely ground liver seasoned and moistened with stock or tomato juice can be used with out other ingredients.

### (23) ESCALLOPED POTATOES

Sprinkle just enough flour into a greased baking dish to cover the bottom. Add a layer of thinly sliced potatoes, season with salt and pepper, then add a layer of chopped liver and season. Alternate layers until dish is filled. The last layer should be potatoes.

Cover with milk. Bake in moderate oven until tender. Serve hot.

### (24) LIVER SANDWICH SPREAD

1 c. cooked liver, ground  
 $\frac{1}{2}$  c. seedless raisins  
 $\frac{1}{4}$  t. salt  
Dash of pepper

1 T. celery, chopped  
 $\frac{1}{2}$  t. prepared mustard  
 $\frac{1}{4}$  t. onion, grated or juice  
3 T. chili or catsup

2 T. mayonnaise

Grind liver and raisins, add seasonings and moisten with mayonnaise, to give a good consistency to spread.

Use for sandwiches of graham, rye or white bread. Add a lettuce leaf to each sandwich. If a less highly seasoned filling is desired, omit the chili sauce.

### (25) HOT LIVER SANDWICHES

1 c. cooked chopped liver  
3 eggs

$\frac{1}{2}$  c. milk  
Salt and pepper

Melt two tablespoons bacon fat in a skillet, turn mixture into it and cook as scrambled eggs. Serve on toast with a slice of crisp bacon on top.

### (26) CREAMED ON TOAST

Simmer liver in a small amount of salted water until tender. Grind the liver and moisten with white sauce to which has been added some of meat stock. Use enough white sauce to make a rather soft mixture. Season well and heat thoroly, and pile on buttered toast. Top with a layer of fried onion.

(Prepared by Florence J. Atwood, State Extension Agent, Foods and Nutrition)

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