

Liver With Lime And Honey

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Ingredients

450g/1lb lambs liver
1 tablespoon honey
Juice of a lime
Seasoned flour
Butter and oil for cooking



Method

Prep Time: 5 mins
Cooking Time: 5-10 mins
Serves: 4

1. Trim the liver and cut into strips.
2. Heat a pan and add the oil and butter.
3. Toss the liver in the seasoned flour making sure that the excess is shaken off.
4. Quickly cook the liver in the pan to colour on all sides, remove and keep warm.
5. Pour off any excess fat and add the lime and honey to the pan. They will bubble up.
6. Return the liver to the pan to coat in the sauce and to heat through.
7. Serve with rice or mashed potato.