



FEGATO ALLA VENEZIANA

BRAISED LAMB'S LIVER WITH FRESH ROCKET AND BALSAMIC VINEGAR GLAZE

LAMB

- 600 g Lamb liver, skinned and sliced thinly
- 500g Onions, thinly sliced
- 60 ml Olive oil
- 2 tablespoons Butter
- 2 leaves Sage, fresh
- 2 tablespoons Lamb stock
- 2 tablespoons Balsamic vinegar glaze
- 1 teaspoon Salt
- 2 cups Rocket

PREPARE THE LAMB:

1. Prepare the lamb, by pulling the thin membrane from the outside of the liver and cut out any noticeable tubes. Cut into thin slices about 5 mm thick. Set aside.
2. Slice the onions thinly, heat the butter and oil, add the sage leaves and braise in the oil and butter in a covered pan over low heat for approximately 30 minutes. The onions should not become brown but soft and translucent. Set the onions aside in a dish.
3. Increase the heat and add the liver to the pan and brown on both sides (about 5 minutes). Be careful not to overcook the liver it must remain pink on the inside.
4. Deglaze the pan with the stock and then add the balsamic glaze, loosening the bits in the pan. Remove the pan from the heat and season the liver with salt.
5. Serve the liver and onions on a bed of rocket and drizzle the remaining pan juices over the dish. Add some more balsamic glaze if required. Serve with soft white maize meal.

Fegato alla Veneziana is a finely sliced lamb's liver dish with gently stewed onions. The pan is deglazed with balsamic vinegar and the liver is served with soft white mealie meal and fresh rocket drizzled with some of the pan juices.

