

Sauteed Liver

Traditional Turkish Sautéed Beef Liver recipe with onions and tomatoes. Tender, flavorful, and ready in 40 minutes. Serves 4.

15 min

PREP

25 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1.1 lb liver
- 3 onion
- 2 tomato
- 4 tbsp olive oil
- 8 sprig parsley
- 1 tsp black pepper
- 1 tsp salt

Instructions

1 Prepare the liver

Pat 1.1 lb beef liver completely dry with paper towels and cut into uniform 1-inch cubes, removing any visible veins or membranes.

2 Prepare the vegetables

Slice 3 onions into thin half-rings. Dice 2 tomatoes into small pieces. Finely chop 8 sprigs fresh parsley and set aside for garnish.

3 Cook the onions

Heat 4 tablespoons oil in a large skillet over medium heat (160°C/325°F). Add the sliced onions and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.

4 Add tomatoes and seasonings

Add the diced tomatoes, 1 teaspoon salt, and 1 teaspoon black pepper to the skillet. Reduce heat to low and cook covered for 8-10 minutes, until tomatoes break down into a chunky sauce.

5 **Cook the liver**

Increase heat to medium-high and add the cubed liver to the skillet. Stir gently to coat with the onion-tomato mixture and cook for 2-3 minutes until liver is browned on all sides.

6 **Finish cooking**

Reduce heat to low, cover, and cook for 8-10 minutes more, stirring occasionally, until liver is just cooked through but still slightly pink in the center.

7 Remove from heat and garnish with the chopped fresh parsley. Serve immediately while hot.

Tips

Choose fresh beef liver over lamb liver for the most tender results – beef liver has a milder flavor and softer texture that works perfectly for sautéing.

Never soak liver in water or milk before cooking, as this draws out natural juices and proteins, resulting in tough, flavorless meat after cooking.

Cut the liver into uniform cubes to ensure even cooking – pieces that are too large may remain tough while smaller pieces overcook.

Cook the onion and tomato base until soft and fragrant before adding the liver, creating a flavorful foundation for the dish.

Keep the heat at medium-low throughout cooking to prevent the liver from becoming tough and rubbery from high heat.

Don't overcook the liver – it should be slightly pink in the center and take no more than 25 minutes total cooking time.

Add fresh parsley at the very end of cooking to preserve its bright color and fresh flavor.

Serve immediately while hot, as liver is best enjoyed fresh and doesn't reheat as well as other meats.