

## **Lambs Liver, Caramelised Red Onion Sauce with Leftover Mash and Bacon Flakes**

### **Ingredients**

- 2-3 Tablespoons Donegal Rapeseed Oil
- 2 Red Onions
- 4 sprigs Thyme & Parsley
- 1/2 Leek
- 1 Clove Garlic
- 1 Teaspoon Ground Cumin
- 500g Lambs Liver
- 150ml Red Wine
- 1 Tablespoon Brown Sugar
- 2 Pieces Bacon Grilled
- Pinch Nutmeg
- 500ml Stock (Meat)
- Pinch Black Pepper
- 400g Leftover Mash

### **Method**

Slice the onions thinly. Wash the leeks and also slice thinly.

Heat 1 tablespoon of rapeseed oil and lightly fry onions and garlic. Cook on a low heat for 12 minutes stirring occasionally. Add the sugar, thyme, cumin and pinch of nutmeg. Cook and stir for 3-4 minutes and then add 2 tablespoons of flour and stir in followed by the red wine and stock. Cook gently for 15 minutes, stirring occasionally.

Leave liver at room temperature for few minutes while the pan is heating. Season a little flour with black pepper and dust liver. Pan fry for 2 minutes on each side.

Sweat the leeks in a little rapeseed oil and add the leftover mashed potato to heat slightly.

Serve a spoon of mash with liver on top and loads of onion sauce and garnish with a little chopped fresh parsley.

Sprinkle with bacon flakes.

### **Brian's Tips**

Sauce can be made in advance and re heated.

Sauce is also perfect for sausages as bangers and mash.