

Baked Liver

Arlene Kretzing

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*1 1/2 pounds beef liver,
trimmed
flour
paprika (to taste)
bacon drippings
1 large onion, thinly sliced
1 1/2 cups water
2 cubes beef bouillon
2 teaspoons Worcestershire
sauce
1/2 cup catsup*

Preheat the oven to 350 degrees.

Rinse the liver and pat dry. Coat with a mixture of flour and paprika.

In a skillet, brown the liver quickly in bacon drippings. Remove the liver to a greased two-quart baking dish, reserving the pan drippings.

Top with the onion slices. Add the water, bouillon cubes, Worcestershire sauce, and the catsup to the bacon drippings in the skillet. Mix well. Pour over the liver and onion slices.

Bake, covered, for one hour.

*The liver can also be served
with crisp bacon slices.*

Per Serving (excluding unknown items): 297 Calories; 7g Fat (21.7% calories from fat); 35g Protein; 22g Carbohydrate; 1g Dietary Fiber; 603mg Cholesterol; 1189mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates.