

PERI-PERI CHICKEN LIVERS



By Food lovers recipes



PERI-PERI CHICKEN LIVERS

- 1 x 500 g tub of chicken livers, completely thawed
- 2 Tablespoons (30 ml) Ina Paarman Peri-peri Marinade with Lemon & Garlic
- 2 Onions, chopped
- 1 green pepper, chopped
- 2 Tablespoons butter
- 5 ml Red Leaf Masala
- 5 ml Cajun spice
- 1 tin tomato pureè (not paste)
- 10 ml Aromat
- 5 ml garlic salt
- 15 ml sugar
- freshly ground black pepper

MARINADE THE CHICKEN LIVERS:

Wash and clean the chicken livers by removing any grizzly bits, fat or green bits of gall.

Slice the livers into bite size portions.

Place in a glass bowl and mix with the Peri-peri marinade.

Leave to stand for an hour or longer.

In the mean time, prepare the sauce:

Melt the butter and fry the onions, together with the green pepper over medium heat until completely done and soft. Stir regularly. (this can take 20- 25 minutes)

Increase the heat and add the Red Leaf Masala and Cajun spice, stir.

Add the tin of tomato pureè, Aromat, garlic salt, sugar & black pepper.

Simmer until slightly reduced and thickened. (about 5 minutes)

Remove from the stove and keep covered.

Fry the Chicken Livers:

In a clean saucepan over high heat, melt 2 tablespoons of butter and heat until the butter begins to change colour.

Add the chicken livers and stir-fry over high heat for about 5 minutes.

Lower the heat and add the tomato sauce. Simmer for 5 minutes.

Check/taste if you need to add more salt.

You can now decide if you want to add extra Peri-peri sauce for more heat. If you prefer the dish to be hotter, add another teaspoon of the Per-peri marinade.

Add the marinade one teaspoon at a time to prevent making it too hot.

This classic dish is great served with plain white rice

Delicious served as a starter on toasted bread or rolls

Serve with Portuguese rolls for a traditional Portuguese lunch or supper. Add a green salad to round off the meal.

A bit more about Tomato Pureè.

A very convenient product to use when making a tomato based sauce or soup.

Also great for use in creamy tomato based seafood pasta dishes.

It needs very little cooking time, as it is not watery at all and the taste is already concentrated.

Not to be confused with tomato paste!

It needs a fair amount of seasoning, including salt, black pepper, seasoned salt or Aromat.

Always add 5 – 15ml of sugar to any tomato dish or sauce, just to break the acidity of the tomato.

The price of tomato pureè varies quite a bit, compare the prices on the shelf, there are various brands producing tomato pureè, all good quality.

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