

Recipe for Berriedale Sautéed Beef Liver & Onions

Ingredients:

- ✓ 2 pounds of grass-fed Berriedale beef liver completely defrosted.
- ✓ 3 cups of whole milk.
- ✓ 2 medium-sized and fresh sweet onions thinly sliced.
- ✓ 2 slices thick-cut and lean bacon per person.
- ✓ White flour.
- ✓ Fresh black pepper corns ground.
- ✓ Home-made pickle relish.

Utensils:

- Medium-sized flat-bottomed bowl or glass/ceramic pan.
- 2 Medium-sized skillets for sautéing and frying.

Instructions:

1. Place the liver in a flat bowl or pan, cover (i.e., submerge) with milk and soak for one hour.
2. Fry the bacon in a skillet, set it aside under a warming lamp and save the fat.
3. With about one tablespoon of bacon fat, lightly sauté in a skillet over moderate heat the onion rings until transparent and very lightly tinged with golden brown and then, set aside under a warming lamp.
4. Remove the beef liver from its milk bath and serve the liver-flavored milk to your hound dog.
5. Lightly coat the beef liver with flour and season with fresh-ground black pepper.
6. With another tablespoon of bacon fat, augmented with butter as necessary, lightly brown the beef liver in a skillet over moderate heat, flip and lightly brown the other side, removing from the flame and pan while the liver is still a little pink in the middle.
7. Serve grass-fed Berriedale pan-fried liver smothered with onions and home-made country pickle relish on the side.

8. Enjoy living like an olde Virginian from the Cowpasture River Valley!!!
9. SERVE WELL DONE LIVER TO YOUR HOUND DOG AS A SUBSTITUTE FOR A RAWHIDE CHEW.

Contact:

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