

Liver in Wine and Pomegranates

Recipe By Family Table Staff



Cooking and Prep: 
2.5 h

Serves:  8

Contains:   

Preference: Meat

Difficulty: Medium

Occasion: Purim, Rosh
Hashanah

Source: Family Table by
Mishpacha Magazine

A rich appetizer of liver in a sweetish sauce, served on a bed of baked yeast dough, which absorbs the sauce.

Ingredients (13)

Liver

- 500 grams (just over 1 pound) broiled chicken liver
- 5 tablespoons **Gefen Extra-Virgin Olive Oil**
- 3 onions, sliced into thin rings
- 1 heaping tablespoon sugar
- 3/4 cup **Alfasi Cabernet Sauvignon** or other red wine

1/4 cup pomegranate concentrate

Dough

2 cups flour

3 tablespoons Gefen Extra-Virgin Olive Oil

1/2 teaspoon sugar

1/2 teaspoon salt

15 grams fresh or 1/2 tablespoon Gefen Dry Yeast

2/3 cup water

beaten egg (for brushing)

Start Cooking

Prepare the Dough

1. Put, flour, oil, sugar, and salt in a mixing bowl and stir gently.
2. Add the yeast and part of the water and begin kneading.
3. Gradually add the remainder of the water, and knead well until the dough is soft and pliable. Cover and let rise until double in volume.
4. Roll out the dough on a work surface and cut out circles with a diameter of 12 centimeters (4 and 1/2 inches). Brush each circle with beaten egg.
5. Place on a baking tray covered with Gefen Easy Baking Parchment Paper and bake approximately 12 minutes at 350 degrees Fahrenheit until golden.

Prepare the Liver

1. Heat oil in a frying pan and fry onions on a medium flame for 12 minutes until very soft.
2. Add the rest of the sauce ingredients to the frying pan and bring to a boil.
3. Add the liver and cook together approximately for five minutes until the sauce thickens.

To Serve

1. Place baked circle on a serving plate and spoon/arrange the liver on it. Drip a little bit of the

sauce from the pan onto the liver and decorate with pomegranate seeds.