

Main course for 4  
Preparation time: approx. 25 min.  
Energy per serving: approx. 1,328 kJ / 317 kcal



## CALF'S LIVER WITH ONION SAUCE

1	red onion
3	spring onions
A little	butter
1 dl	vegetable stock
2 tbsp	Appenzeller Alpenbitter
1 dl	single cream for sauces
	Salt to taste
A little	freshly ground pepper
4	calf's liver steaks (approx. 130 g and 1 cm thick each)
A little	white flour
A little	Oil for frying
½ tsp	salt
A little	freshly ground pepper



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### Preparation

Cut red onion and spring onions into fine rings and sauté in butter for approx. 5 min. Pour over stock and Appenzeller Alpenbitter, cover and simmer for approx. 5 min. until soft.

Add cream and simmer for a further 2 min. or so, season. Dust steaks with flour and shake off excess.

Heat oil in a non-stick frying pan until hot, reduce heat, fry steaks on both sides for approx. 1½ min. each, season, serve immediately with the onion sauce.

*Serve with rösti.*