



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Stewed Lived with Mushrooms

Mantarlı Ciğer Yahnisi



1.1 lbs lamb liver
1.1 lbs mushroom
2 onions
2 tomatoes
2 long peppers
3 garlic cloves
4 tbsp vegetable oil
1/2 tsp black pepper
1 tsp salt

- # Cut the liver into cubes and place these cubes onto a colander to drain its blood for about 30 minutes.
- # Pour the oil into a pot and make it hot. Add liver cubes and fry them over medium heat until their surfaces harden a little.
- # Add half circle shaped onion slices into the pot. Cook this mixture until the onion pieces turn into transparent.
- # And then, add big pepper pieces. Add the mushrooms 5 minutes later. Sprinkle salt and black pepper.
- # Cover the lid of the pot and cook the meal for about 15-20 minutes more.
- # Serve it hot.

Note: Mushrooms give enough water to the meal, so water is not added.