



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

Liver on Paper

Kağıtta Ciğer



1.1 lbs calf liver
2 medium size onions
2 tomatoes
2 long green peppers
3 tbsp vegetable oil
1/2 tsp cumin
1/2 tsp black pepper
1 tsp salt

- # Slice the onions into half circles. Add salt over the slices and knead until the onion pieces soften.
- # Dice the liver into cubes, slice the peppers, each piece should have 1/2 inch length. Peel the tomatoes and dice.
- # Transfer the prepared ingredients into a mixing bowl. Add oil, cumin, black pepper and salt on it and mix.
- # Cut the grease-proof-paper into 4 pieces.
- # Place the filling mixture onto the middle of the each paper piece. Then fold the paper pieces to close the mixture.
- # Place the liver packages into a baking tray. Cook them for half hour in the oven which is preheated to 375 F.
- # Serve hot.

Note: This meal may be cooked without packaging. You may fill into heat-resistant bowls and cover them and bake.