



Liver with wild mushrooms

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pork livers thick free-range for a piece
- ☐ 1 shallots finely
- ☐ 500 g portugese rolls wild mixed fresh (ceps)
- ☐ 3 tbsp olive oil
- ☐ 1 large onion finely chopped
- ☐ 1 garlic clove finely sliced
- ☐ 1 thyme leaves
- ☐ 2 sage chopped

- ☐ 2 tbsp sherry dry
- ☐ 50 ml wine dry white
- ☐ 250 ml chicken stock see
- ☐ 100 ml double cream
- ☐ 3 tbsp frangelico
- ☐ 3 tbsp frangelico

Equipment

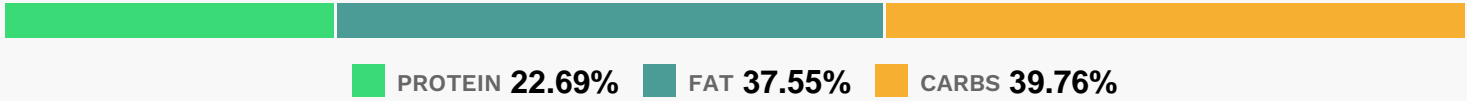
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place a large frying pan over a high heat and, when hot, add the dripping or lard. When its melted, add the liver.
- ☐ Let the liver brown well on each side, sprinkling it with some seasoning as it cooks.
- ☐ When the liver is browned, transfer it to a roasting tin.
- ☐ Sprinkle it with the shallot and put it in the oven for 20–25 mins. When the liver is firm to the touch, or registers 55C on an electric cooking thermometer in its thickest part, remove it from the oven and set it to rest in a warm place, lightly covered.
- ☐ While the liver cooks, prepare the mushrooms.
- ☐ Brush them to remove any grit or soil.
- ☐ Place a large saucepan over a medium–high heat and add the olive oil or butter. Cook the mushrooms with a little seasoning so that they brown a little and all the liquid evaporates.
- ☐ Add the onion and garlic to the pan and reduce the heat to medium. Continue to cook until the mushrooms begin to soften, then add the thyme and sage. Stir together well, then add the Sherry and white wine.
- ☐ Turn the heat to high and boil the juices so that they reduce by half.

- ☐
- Add the stock and repeat. When the juices in the pan are reduced and slightly thickened, add the cream and stir to combine. Taste the juices and correct the seasoning if required.
- ☐
- When the liver has rested, slice it thinly and serve immediately, topped with the mushroom ragout, on warm plates.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:41.61, Inflammation Score:-10, Nutrition Score:47.855217757432%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 711.1kcal (35.55%), Fat: 28.83g (44.35%), Saturated Fat: 8.92g (55.74%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 65.92g (23.97%), Sugar: 11.64g (12.94%), Cholesterol: 406.57mg (135.52%), Sodium: 724.82mg (31.51%), Alcohol: 2.08g (100%), Alcohol %: 0.64% (100%), Protein: 39.19g (78.39%), Vitamin A: 27447.04IU (548.94%), Vitamin B12: 32.54µg (542.34%), Iron: 48.36mg (268.66%), Vitamin B2: 3.87mg (227.87%), Vitamin B3: 20.23mg (101.16%), Selenium: 68.41µg (97.73%), Vitamin B5: 8.46mg (84.55%), Folate: 278.76µg (69.69%), Vitamin B6: 1mg (49.84%), Zinc: 7.48mg (49.84%), Copper: 0.97mg (48.47%), Vitamin C: 35.81mg (43.41%), Phosphorus: 411.38mg (41.14%), Vitamin B1: 0.4mg (26.98%), Manganese: 0.54mg (26.97%), Potassium: 526.39mg (15.04%), Vitamin E: 1.77mg (11.82%), Fiber: 2.76g (11.06%), Magnesium: 34.5mg (8.62%), Vitamin K: 7.55µg (7.19%), Calcium: 56.36mg (5.64%), Vitamin D: 0.4µg (2.68%)