

# B-J's Family Favourite Recipes

## Stan's Chopped Liver

*This is one of my many favourites and one which I make regularly. It goes really well with my home-made bread. (Yes, I make a fresh loaf just about every day, mostly Granary). It is good either as a starter, with lettuce and toast, or as a sandwich spread, but it goes too quickly - it's very 'morish'!*



### Ingredients

225gm/8.oz/1 cup calves or chicken livers  
2 large onions  
Salt and freshly ground black pepper  
110gm/4.oz/1 stick chicken fat, (or whatever)  
3 eggs, hard-boiled

### Method

Clean the liver, removing any unwanted white areas. Cut into small pieces and fry until lightly cooked. Then allow to cool. Chop the onions and fry until browned. Place in a food mixer together with the eggs and liver and blend to a fine paste, or as preferred  
Season to taste.

Serve with rye bread or in a salad

And enjoy!

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Compiled, designed and produced by Stan Rose for British-Jewry

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