



DESHI MIX
BY SALINA PARVIN

(O)ffal-ly Good

LIVER LOAF

Ingredients:
500g lamb liver, trimmed and sliced
2 tbsp butter
100g fresh white breadcrumbs
1 large onion
1 tbsp tobacco sauce
1 tbsp bar-b-q sauce
2 eggs, beaten
1 tsp dried thyme
½ tsp freshly ground black pepper
Salt to taste
For tomato sauce -
1 tbsp vegetable oil
1 small onion, finely chopped
1 clove garlic, crushed

200g tomatoes
150ml water
1 tbsp tomato purée
½ tsp sugar
½ tsp dried sweet basil
To garnish -
1-2 tomatoes, sliced
Parsley sprigs

Method:
Heat oven to 180 degrees Celsius (350 degree F). Grease a one kg loaf tin. Melt butter in a frying pan, add liver and fry over brisk-est until browned on all sides.



Remove with a slotted spoon, drain and cool on absorbent paper, then mince.

Mix mince liver with all remaining ingredients, adding salt and to taste. Mix well. Spoon the mixture into the prepared tin, pressing it down firmly. Cover with foil. Then place the tin in a roasting pan half-filled with hot water. Bake in the oven for about one hour. Meanwhile, make tomato

sauce, heat oil on a pan, add onion and garlic and fry gently until soft. Add the remaining sauce ingredients with salt and pepper. Bring to a boil, stirring constantly to break up tomatoes. Cook for 20 minutes, stirring from time to time. Remove from heat, allow it to cool down, then purée in a blender or work through a sieve. Return to the pan, taste and adjust seasoning, then simmer gently on top of the cooker until cooked. Remove cooked liver loaf from the roasting pan, leave to stand for five minutes, turn the loaf out on to a serving platter then pour a little of the hot tomato sauce over the top. Serve at once, with the remaining sauce handed separately in a sauceboat.



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