

Around the World for £4 or less took us to Ghana on Friday.

Ingredients:-

200g Liver (We used Pork Liver), cut into small pieces
2 Onions, roughly chopped
4 cloves of Garlic
3 Bullet Chillies
Chilli powder to your taste
1 tsp Ginger grated
Salt
Bouquet Garni (Or mixed herb and a Bay Leave)
1 Stock Cube
2 Red Bell Peppers, finely sliced
2 Carrot, thinly sliced
1 handful of shredded White Cabbage
A good squeeze on Tomato Purée
Oil

Method:-

(1) Steam the liver with the Bouquet Garni, water, Salt, Stock Cube ? covered for 15 minutes.
(2) Remove from the heat and reserve the stock.
(3) Fry the Liver for 2 minutes.
(4) Add the Ginger, Chilli powder and 2 cloves with of Garlic and continue to fry over a low heat.
(5) Blend 1 Onion, 2 cloves worth of Garlic, chillies, and Bell Pepper with oil.
(6) Fry the mixture for 10 minutes on a low heat.

(7) Add the Tomato Purée and continue to stir.
(8) Add the Liver and stock and gently combine.
(9) Add the Carrots, remaining Onion, Bell Pepper and Cabbage and stir gently for 2 minutes.

Serve over a bed of Rice.

Notes:- The Liver would have benefited by being coated in flour before frying.