

Prep Time: 20 minutes
Cook Time: 40 minutes
Total Time: 1 hour
Servings: 4 people

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Ingredients

For the Liver:

- 500g (1.1 lbs) beef liver, cleaned and sliced into 1-inch cubes
- 1 cup milk (for soaking)

- 1 tsp salt (for soaking)

For the Curry Base:

- 3 tbsp ghee or neutral oil (vegetable/canola)
- 2 large onions, finely chopped
- 1 tbsp ginger-garlic paste
- 2 green chilies, slit lengthwise (adjust to taste)
- 2 medium tomatoes, finely chopped or pureed
- ½ cup plain yogurt (full-fat), whisked until smooth
- 1 tsp cumin seeds
- 2 bay leaves
- 4 green cardamom pods
- 1 black cardamom pod (optional, for smoky depth)

- 1-inch cinnamon stick
- 4 cloves

Spice Powders:

- 1 tsp turmeric powder
- 1 tsp red chili powder (Kashmiri or mild)
- 2 tsp coriander powder
- 1 tsp garam masala
- 1 tsp dried fenugreek leaves (Kasuri Methi), crushed
- Salt to taste

For Garnish:

- Fresh cilantro (coriander) leaves, chopped
- 1-inch ginger, julienned

- A squeeze of lemon juice
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Instructions

Step 1: Prep the Liver (Crucial Step)

The key to a non-bitter liver curry is the soaking process. Rinse the sliced liver under cold running water. Place the liver cubes in a bowl and cover with milk and 1 teaspoon of salt. Let it soak for 15–20 minutes. This helps draw out impurities and mellow the strong metallic flavor. After soaking, drain the milk and rinse the liver thoroughly. Pat dry with paper towels.

Step 2: Bloom the Whole Spices

Heat the ghee or oil in a heavy-bottomed pot or Dutch oven over medium heat. Once hot, add the cumin seeds, bay leaves, green cardamom, black cardamom, cinnamon stick, and cloves. Sauté for 30–45 seconds until the spices sizzle and release a beautiful aroma. Be careful not to burn them.

Step 3: Build the Aromatics

Add the finely chopped onions to the pot. Sauté them over medium heat, stirring frequently, for about 8–10 minutes or until they turn a deep golden brown. This caramelization is vital for the curry's sweetness and body.

Add the ginger-garlic paste and slit green chilies. Sauté for another 1–2 minutes until the raw smell of the garlic disappears.

Step 4: Cook the Tomatoes and Spices

Add the chopped tomatoes and all the dry spice powders (turmeric, red chili, coriander, and

salt). Cook over medium heat for 5–7 minutes, mashing the tomatoes with the back of your spoon. The mixture should become thick, glossy, and oil should start to separate from the masala (the spice base).

Step 5: Add the Liver

Increase the heat to medium-high. Add the drained liver cubes to the pot. Sear the liver for 3–4 minutes, stirring well to coat every piece in the masala. This searing helps seal in the juices and prevents the liver from becoming rubbery.

Step 6: Simmer with Yogurt

Lower the heat to low to prevent the yogurt from curdling. Add the whisked yogurt one tablespoon at a time, stirring continuously. Once the yogurt is fully incorporated, add ½ cup of warm water to create a gravy. Bring to a gentle simmer, cover the pot, and cook on low heat for 15–18 minutes. Stir every 5 minutes.

Note: Beef liver cooks quickly. Do not overcook it, or it will become dry and crumbly. The internal temperature should reach 160°F (71°C), but it is best served slightly pink in the center for maximum tenderness.

Step 7: Finish and Garnish

Check the liver for doneness—it should be tender but firm. Sprinkle the garam masala and crushed Kasuri Methi over the top. Stir and simmer for 2 minutes uncovered to thicken the gravy. Turn off the heat. Add a squeeze of fresh lemon juice to brighten the flavors.

Garnish with generous amounts of fresh chopped cilantro and julienned ginger.

Serving Suggestions

Serve this Beef Liver Curry hot with steamed Basmati rice, Jeera Rice (cumin rice), or traditional flatbreads like Roti, Naan, or Paratha. A side of sliced red onions and cucumber salad adds a refreshing crunch.

Time and Intensity Guide

- Prep Intensity: Low (Soaking is passive; chopping is the main task)
 - Cooking Intensity: Medium (Requires attention during onion browning and yogurt addition)
 - Heat Levels:
 - Spice Level: Medium (Adjustable by reducing green chilies or red chili powder)
 - Pan Heat: Medium to Low (High heat is only used briefly for searing liver; dairy-based sauces require low heat)
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Nutrition Information (Estimated per Serving)

Disclaimer: Nutritional values are estimates and will vary based on exact ingredients, portion sizes, and specific brands used.

- Calories: ~380 kcal
- Protein: ~28g (Excellent source)
- Carbohydrates: ~12g
- Fat: ~24g
- Fiber: ~2g

Key Micronutrients (Based on Beef Liver):

- Vitamin A: >500% DV (Extremely high)
- Vitamin B12: >1000% DV
- Iron: ~40% DV (Heme iron, highly absorbable)
- Copper: >300% DV
- Riboflavin (B2): >150% DV