

Marinated Chicken Liver on Field Salad with Styrian Pumpkin Seed Oil



Starter

Kind of recipe



30 Minutes

Preparation

2-3 Hours



middle

Severity



Ingredients for 4 people

300 g chicken liver (cleaned and sliced)
100 ml red wine
bay leaf
rosemary
thyme
garlic
100 g butter
salt, pepper
150 g field salad
Styrian Pumpkin Seed Oil P.G.I.
vinegar
1 hard-boiled egg
toast

Preparation

Marinate the chicken liver in the red wine, herbs and garlic for 2-3 hours. Sauté the liver in ghee at 80°C for 6-8 minutes in the oven. When done season with salt and pepper. The liver should remain slightly pink in the middle and should be turned several times to prevent drying out. Season the field salad with the Styrian Pumpkin Seed Oil P.G.I., vinegar, salt and pepper. Top it with the liver slices and the chopped egg and serve with toast.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch