

From the Kitchen of Julie Zepf

Calf's Liver with Herbs

Serves 2

3/4 pound calf's liver, sliced 1/4 inch thick
1/2 cup all-purpose flour - seasoned with cayenne pepper, white pepper, onion powder to taste
1 tablespoon fresh rosemary - chopped
3 tablespoons butter
3 cloves garlic - peeled and thinly sliced
2 cloves garlic - peeled and minced
2 shallots - diced
2 large sprigs fresh rosemary
1/2 lemon
1/2 cup balsamic vinegar
salt and pepper to taste

1. Cut liver into 1 inch square and dredge in the seasoned flour. Remove from excess flour and set a side. Sprinkle with the chopped rosemary.
2. In a medium skillet melt butter (2 Tablespoons) and sauté the sliced garlic and discard. Add the liver and the 2 sprigs of rosemary. Sauté the liver 1 to 2 minutes on each side. Do not over cook. Remove liver and discard the rosemary sprigs.
3. Add the remaining tablespoon of butter to the skillet and melt. Add the shallots and sauté until golden, then add the minced garlic and sauté another 1 to 2 minutes. Deglaze the pan with the balsamic vinegar and the juice of the 1/2 of lemon and sauté for 1 to 2 minutes to reduce the liquid. Turn heat to low and add the liver back to the pan and season with the salt and pepper.
4. Serve immediately with lemon wedges.