

BRAISED LIVER WITH ONIONS

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
268 cal	15 g	22 g	13 g	326 mg	480 mg	17 mg

Ingredient

COOKING SPRAY, NONSTICK
 BEEF, LIVER, RAW, SLICED, 4 OZ
 FLOUR, WHEAT, GENERAL PURPOSE
 SALT
 PEPPER, BLACK, GROUND
 PAPRIKA, GROUND
 SHORTENING
 ONIONS, FRESH, SLICED
 WATER

Weight

2 oz
 25 lbs
 2-1/2 lbs
 3-3/4 oz
 1/2 oz
 1 oz
 1-3/4 lbs
 8 lbs
 8-1/3 lbs

Measure

1/4 cup 1/3 tbsp
 2 qts 1 cup
 1/4 cup 2-1/3 tbsp
 2 tbsp
 1/4 cup 1/3 tbsp
 1 qts
 1 gal 3-7/8 qts
 1 gal

Issue

8-7/8 lbs

Method

- 1 Lightly spray griddle with non-stick cooking spray. Dredge liver in mixture of flour, salt, pepper, and paprika; shake off excess. Brown on a 375 F. griddle.
- 2 Overlap about 50 slices in each pan.
- 3 Saute onions in shortening or salad oil until tender; spread an equal quantity over liver in each pan.
- 4 Pour hot water over liver and onions in each roasting pan; cover.
- 5 Bake 30 minutes in 350 F. oven or until liver is fork-tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.