

## Easy Liver, Onions & Gravy: Classic Comfort Food Recipe

milk soak tenderizes the liver



**TIME**  
**30 min**

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### INGREDIENTS

Milk, for soaking (enough to cover the liver)

Flour, for dredging (about 1/2 to 3/4 cup all-purpose flour)

1 teaspoon black pepper

1/2 teaspoon salt

3 tablespoons extra virgin olive oil

1 1/2 lbs beef liver, sliced (about 1/4 to 1/2 inch thick)

1 - 2 onions, thinly sliced (yellow or sweet onion)

1 stalk celery, sliced (about 1/4 to 1/2 inch thick rounds)

1 cup beef broth (low-sodium recommended)

Swaps and Notes:

Milk (for soaking): Any type of milk (dairy or non-dairy like almond milk) will work for soaking. This step is highly recommended as it helps draw out bitterness and tenderize the liver.

Flour (for dredging): All-purpose flour is standard. For a gluten-free option, use a 1:1 gluten-free flour blend.

Beef Liver: Choose fresh, good quality beef liver. Slice it to a consistent thickness for even cooking.

Onions: Yellow or sweet onions work best. Thinly slicing them helps them tenderize and caramelize.

Celery: Adds a subtle aromatic flavor and texture to the gravy. It's a classic pairing in many comfort food dishes.

**Beef Broth:** Low-sodium beef broth allows you to control the saltiness of the gravy.

**Seasoning:** Adjust salt and pepper to taste for both the liver and the final gravy. A pinch of garlic powder or dried thyme could also be added to the flour for extra flavor.

**Optional Gravy Thickeners:** If you prefer a thicker gravy, you can make a small cornstarch slurry (1 tbsp cornstarch mixed with 2 tbsp cold water) and whisk it into the simmering broth at the end.

## DIRECTIONS

1. Let's get this classic : Liver, Onions & Gravy cooking in your skillet!
2. Soak the : Liver: Place the sliced beef liver in a bowl and pour enough milk over it to fully submerge the liver slices. Let it soak for at least 30 minutes (or even up to an hour in the refrigerator if time allows). This crucial step helps to draw out any potential bitterness and significantly tenderizes the liver.
3. Prepare : Dredging Station: While the liver is soaking, in a large shallow bowl or plate, place enough flour to coat the liver slices (start with about 1/2 cup). Add 1 teaspoon of black pepper and 1/2 teaspoon of salt to the flour. Whisk well to combine the seasonings with the flour.
4. Dredge the : Liver: After soaking, remove the liver slices from the milk and discard the milk. Do not rinse the liver. Pat the liver slices gently with paper towels to remove excess moisture. One at a time, dredge each liver slice thoroughly in the seasoned flour mixture, ensuring it's completely coated. Shake off any excess flour. Set the dredged liver slices aside on a clean plate.
5. Brown the : Liver: Heat the 3 tablespoons of extra virgin olive oil in a large skillet (a cast iron skillet works wonderfully here) over medium-high heat. Once the oil is hot and shimmering, carefully place the dredged liver slices in a single layer in the skillet. Brown both sides of the liver, cooking for about 2-3 minutes per side. The liver should be nicely seared and golden brown on the outside. Do not cook completely through at this stage. Remove the browned

liver from the skillet and set it aside on a plate.

6. SautØ Onions & Celery: Lower the heat to medium. Add the thinly sliced onions and sliced celery to the same skillet (add a little more oil or butter if needed). SautØ, stirring occasionally, until the onions are softened and translucent, about 5-7 minutes.
7. Simmer in : Gravy: Return the browned liver slices to the skillet with the softened onions and celery. Pour the 1 cup of beef broth over the liver, celery, and onions. Stir gently to combine. Bring the mixture to a gentle simmer. Cover the skillet with a lid and simmer on low heat for about 40 minutes, or until the onions are very tender and the broth has reduced and formed a nice, savory gravy around the ingredients.
8. Serve: Remove from heat. Taste the gravy and adjust salt and pepper if needed. Serve immediately.

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## TIPS FOR SUCCESS

Soak the Liver: This is the most important step!

It significantly improves the taste and tenderness of the liver, reducing any strong "gamey" flavor.

Don't Overcook Liver: Liver cooks very quickly.

Overcooked liver becomes tough and rubbery.

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Original recipe: <https://chefmaniac.com/easy-liver-onions-gravy-classic-comfort-food-recipe/>