

Classic Liver & Onions: Tender, Flavorful & Easy Recipe

For those who appreciate the rich, earthy flavors of traditional comfort food,



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15 min

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INGREDIENTS

2 pounds sliced beef liver (about 1/4 to 1/2 inch thick)
1 1/2 cups milk, or as needed (any percentage milk)
1/2 cup butter, divided (unsalted recommended)
2 large Vidalia onions, sliced
2 cups all-purpose flour, or as needed
Salt and black pepper to taste

DIRECTIONS

1. Let's get this delicious : Liver & Onions cooking!
2. Prepare : Liver (Soak): Gently rinse the sliced beef liver under cold water and pat each slice thoroughly dry with paper towels. Place the liver slices in a shallow dish (such as a pie plate or a shallow bowl). Pour enough milk over the liver slices to completely cover them. Let the liver stand in the milk for at least 15 minutes while you prepare the onions. If you have more time, you can soak it for up to 30-60 minutes in the refrigerator. Soaking the liver in milk is a traditional and effective way to remove any bitterness and tenderize it.
3. SautØ Onions: While the liver is soaking, melt 2 tablespoons of the butter in a large skillet (cast iron or heavy-bottomed stainless steel works well) over medium heat. Add the 2 large sliced Vidalia onions to the skillet. Cook and stir the onions in the butter until they become tender, soft, and slightly translucent, which should take about 3 to 5 minutes. Transfer the cooked onions into a bowl and set the skillet aside; do not clean it as you'll use it for the liver.
4. Prepare : Liver Coating: Place the 2 cups all-purpose flour (or as needed) on a plate or in a wide shallow dish. Season the flour generously with salt and black pepper to taste, mixing it well.
5. Coat : Liver: Remove the liver slices from the milk, letting any excess milk drip off. Do not rinse the liver after soaking. Dredge each liver slice thoroughly in the seasoned flour mixture, ensuring both sides are well coated. Gently shake off any excess flour.

6. Fry : Liver: Melt the remaining 2 tablespoons of butter in the same skillet (where you cooked the onions) over medium-high heat. Once the butter is melted and slightly foamy, carefully place the coated liver slices into the hot skillet. Do not overcrowd the pan; cook in batches if necessary to ensure a good sear. Fry the liver slices until they are lightly browned and caramelized, about 4 minutes on each side. The liver should still be slightly pink in the center for optimal tenderness.
7. Combine & : Finish: Return the sautéed onions to the skillet with the fried liver slices. Reduce the heat to medium. Continue to cook for another 2-3 minutes, stirring gently, until the onions are heated through and the liver is done to suit your taste (cook for a minute or two longer if you prefer it more well-done).

SWAPS & NOTES

Beef Liver: Look for fresh, thinly sliced beef liver.

While this recipe focuses on beef, calf's liver is even more tender if available.

Milk: Any type of dairy milk (whole, 2%, skim) works for soaking the liver.

This step is crucial for removing bitterness and tenderizing the meat.

TIPS FOR SUCCESS

Soak the Liver: This step is crucial for mellowing the flavor and tenderizing the liver.

Don't Overcook Liver: Liver cooks very quickly and can become tough if overcooked.

Aim for it to be lightly browned on the outside and just a little pink in the center.

Hot Pan for Searing: Ensure your skillet is hot enough when adding the liver to get a good sear and crispy crust.

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