



Grilled Chicken Livers

INGREDIENTS

- 2 tbsp butter or vegetable oil
- 500 g chicken liver
- 3 cloves garlic (crushed)
- 4 tbsp Piri Piri sauce
- Half a lemon juice
- 1/2 cup heavy cream
- 1 pinch salt and pepper (to taste)
- 1/4 cup parsley
- 1 whole red pepper diced
- 300g sliced mushrooms.
- 2 sliced brown onions
- 1 tablespoon piri piri sauce
- Parsley, fresh (chopped; to serve)

METHOD

1. In a very frying pan add oil and fry the chicken livers until golden brown on both sides.
2. Add the garlic, onions, peppers, sliced mushrooms, and peri-peri sauce and allow to fry for another minute until fragrant then add the lemon juice and cream.
3. Season with salt and pepper and allow to simmer for 5-7 minutes.
4. Serve in a casserole dish with bread rolls or rice.

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Popcorn Okra

INGREDIENTS

- 1/2 cup corn meal
- 1/2 cup corn flour
- 450g fresh sliced okra
- 500ml buttermilk
- 500 ml vegetable oil
- 2 1/2 tbsp paprika
- 1 tbsp salt
- 2 tbsp garlic powder
- 3 tsp black pepper
- 3 tsp onion powder
- 3 tsp cayenne powder
- 3 tsp oregano leaves
- 3 tsp thyme leaves

METHOD

1. In a bowl soak okra in buttermilk for 10 min to reduce stickiness.
2. Mix all the dry ingredients in a separate bowl.
3. Dredge okra in dry mix and deep fry in hot oil till lightly browned.
4. Drain on a paper towel and serve immediately while crisp
5. Serve with dip or any seasoning of your choice

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