



## Lambs liver with red grapes and French tarragon

Amanda Daniel, 2B: Ethical Food [The Hilton Adelaide](#)  
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Lambs Liver is high in iron & protein and beneficial to energy production

### Ingredients:

1 lambs liver from [Bushmin's Farmed Rabbits](#)  
Macrobiotic salt & fresh ground white pepper  
Olive oil  
Butter  
5 handfuls of red grapes  
5 sprigs of fresh French tarragon  
Dash fresh dry sherry

### Method:

Take one lambs liver trimmed of fat & sinew  
Cut slices 2cm thick  
Season with sea salt & fresh ground white pepper

Get a heavy bottom pan very hot; add a dash of olive oil & a teaspoon of organic butter.  
Sear liver slices till caramelised. (About a minute)  
Turn slices over.  
Add a handful of grapes per person.  
Add a handful of fresh tarragon leaves.  
Take out liver & put on a warm plate to rest (so it can be served rested through & pink in the centre)  
Deglaze pan with a dash of fresh dry sherry

Pour grapes & pan juices over the liver & serve.

### ASFM SHOPPING LIST

#### Ingredients

Lamb's liver  
butter  
olive oil

#### Stallholders

[Bushmin's Farmed Rabbits](#) (site 22)  
[B-d. Farm Paris Creek](#) (site 91)  
[Patlin Gardens](#) (site 71), [Virgara's Garden](#) (site 50),  
[N&M Tsimklis](#) (site 56-58), Gerry Bariamis (site 82), [Bald Hills Olive Grove](#)  
(site 83), [Rodger Fryer](#) (site 54), [Harding's Fine Foods](#) (site 38), [Woodside  
Cheese Wrights](#) (site 14)  
Gerry Bariamis (site 82) (grapes available seasonally)  
[Salad Greens & Kitchen Herbs](#) (site 95-96), [Aay's Herbs](#) (site 92-93),  
[Hillside Herbs](#) (site 88), Alnda Farms (site 84)