



Yield: 3-4 portions

Veal Liver with Balsamic, Apples & Onions

- ❑ 1 ½ large red onion, peeled and thinly sliced sideways (halfmoons)
- ❑ 1 large or 2 medium Fuji or Cox apples, washed, quartered, cored and thinly sliced (halfmoons)
- ❑ ½ cup chicken or vegetable broth (have a little extra on hand in case needed)
- ❑ ¼ cup (or less) balsamic or apple cider vinegar
- ❑ 1 ¼ lbs. veal liver slices, trimmed and cut into bite-size strips/pieces (alt. chicken livers)
- ❑ 3 tbsp oil or ghee (clarified butter) or use half oil and half butter

Preheat teppanyaki on 5; when orange light is off, set to ~7.5 (setting may vary slightly based on model)
First cook onions + apples with 1 tbsp preferred cooking oil (ghee browns best) until starting to take color and apples are light brown on both sides. Push them into the outer warming area.

Coat hot surface again with 1 tbsp oil or clarified butter and quickly brown half of the meat – distribute generously over the space (do not over crowd!) so it browns and doesn't steam.
Season with salt and pepper. When meat no longer sticks to the surface, turn the pieces (1-2 minutes each side, depending on thickness of pieces) and move into outer warming area.

Make sure meat is barely cooked through because it will continue cooking while making the sauce. Otherwise livers will become tough/hard and dry. Repeat with remaining meat.

SAUCE

Deglaze cooking center with broth + Vinegar (do not inhale vinegar steam as it is potent) and quickly stir to combine. Make sure to loosen all the brown bits from the surface and incorporate.
Stir until smooth and add the meat, apples + onions until nicely combined. Done.

Tip: Fuji apples stay firm while browning and have just the right balance of sweetness and acidity. For a thicker sauce, sprinkle liver pieces with a little flour or corn starch before turning. Make sure to have extra broth handy in case you need to thin the sauce a bit.

SIDE: Rice or lovely mashed potatoes (prepare ahead)

