

# Ciğer Sote

Traditional Turkish Ciğer Sote (liver sauté) recipe. Tender beef liver cooked with onions, tomatoes and herbs. Easy 25-minute dish with expert tips.

15 min

HAZIRLIK

25 min

PIRME

40 min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Ciğer Sote

## Malzemeler

- 1.1 lb liver
- 3 onion
- 2 tomato
- 5 tbsp olive oil
- 8 sprig parsley
- 1 tsp black pepper
- 1 tsp salt

## Yapılışı

- Prepare the liver**

Cut the 1.1 lb beef liver into 1-inch cubes, removing any visible membranes, veins, or tough connective tissue with a sharp knife.
- Prepare the vegetables**

Slice the 3 onions into thin half-moon shapes, about 1/4-inch thick. Dice the 2 tomatoes into small 1/2-inch pieces.
- Start the base**

Heat the 5 tablespoons olive oil in a large heavy-bottomed saucepan or Dutch oven over medium-low heat. Add the sliced onions and cook, stirring occasionally, until softened and translucent, about 5-6 minutes.
- Add the diced tomatoes, 1 teaspoon salt, and 1 teaspoon black pepper to the onions. Stir to combine and cook until the tomatoes begin to break down and release their juices, about 4-5 minutes.**
- Cook the liver**

Add the cubed liver to the pan and gently stir to coat with the vegetable mixture. Cover and reduce heat to low.
- Cook covered for 12-15 minutes, stirring gently every 3-4 minutes, until the liver is cooked through but still tender when pierced with a fork. The liver should be slightly pink in the center and not rubbery.**
- Finish and serve**

Remove from heat and finely chop the 8 sprigs of fresh parsley. Sprinkle the chopped parsley over the liver and serve immediately while hot.

## ?puçlar?

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Choose fresh beef liver over lamb liver for the most tender results, as beef liver maintains better texture during the sautéing process.

Don't soak the liver in water for more than 15 minutes, as extended soaking can make the meat tough and reduce its natural flavor.

Cut the liver into uniform cubes to ensure even cooking throughout the dish.

Cook on medium-low heat rather than high heat to prevent the liver from becoming tough and rubbery.

Never exceed 25 minutes of total cooking time to maintain the liver's tender texture and optimal taste.

Add the liver to the pan only after the onions and tomatoes have had time to soften and release their flavors.

Let the dish rest for 2-3 minutes before serving to allow the flavors to meld together.

Serve immediately while hot, as liver dishes are best enjoyed fresh and lose quality when reheated multiple times.