

Liver and Bacon with Mustard Mash



Preparation time: 20 mins

Cooking time: 20 mins

Serves: 4 - 6

how to cook

- 1 Coat the liver with the flour. Heat the oil in a frying pan, add the liver and cook for 6-8 minutes, turning occasionally until golden and cooked through. Remove from the pan.
- 2 Add the bacon and onion to the pan and cook for 6-8 minutes, stirring occasionally until golden.
- 3 Add the tomatoes, stock and cooked liver to the pan, bring to the boil and simmer for 3-4 minutes.
- 4 Meanwhile, cook the potatoes in lightly salted boiling water for 15-20 minutes until tender. Drain and mash with the butter, milk. Add mustard and seasoning to taste.
- 5 Serve the potatoes with the liver and bacon. Accompanied with vegetables of your choice.

what you need

- 340g John Penny lambs liver, trimmed and cut into 5cm pieces
- 2 tablespoons plain flour
- 1 tablespoon oil
- 300g pack back bacon, derinded and diced
- 1 large onion, finely diced
- 400g can chopped tomatoes
- 150ml beef stock
- 1kg potatoes, peeled and quartered
- 25g butter
- 4 tablespoons milk
- 1 heaped teaspoon wholegrain mustard
- salt and freshly ground pepper

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