

INGREDIENTS:

Four slices calf's liver
2 tablespoons flour
sea salt, black pepper
good pinch cayenne pepper
75g butter
2 finely-chopped shallots
A generous splash of Madeira
1 heaped tablespoon crème fraiche
Separated leaves from two heads of chicory
4 thick-cut slices white bread
3 tablespoons olive oil
1 garlic clove, crushed

TIME: 15 Mins**SERVING:** 4 people

For the croutons, remove the crusts from the bread and cut into small dice. Place the oil and the garlic in a pan and set over a moderate heat. Cook until the garlic is just beginning to brown then remove it from the pan, add the diced bread and fry until crisp and lightly browned. Drain on kitchen paper. Arrange the chicory leaves on a serving dish and sprinkle the croutons over the top. Clean out the pan. Season the flour with the salt and pepper. Cut the liver into strips and toss in the flour. Sweat the shallots in the butter then add the liver strips, and cayenne pepper and fry briskly for a minute. Throw in the Madeira and allow to bubble down, stir in the crème fraiche, cook for a minute then spoon over the croutons and chicory leaves and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: