



Round the world for £4 - B is for Bangladesh

We're working our way through the alphabet nation by nation trying to create a dish for £4. We found Chicken Liver at 0.65p for 300g so this dish including the herb and spices cost us less than £1 per plate and it was really tasty.

Ingredients:-

300g Chicken Liver. Steeped in milk for a couple of hours

1 large Potato cubed and boiled to soften

2 Onions chopped

1 large Tomato chopped

½ tbsp ground Ginger

1 tbsp grated Garlic

1 tsp Garam Masala

1 tsp Cumin powder

1 tbsp Coriander powder

1 tsp Hot Chilli powder

½ tsp ground Black Pepper

5 to 6 dried Chillies

Salt

½ tsp Sugar

2 tsp Mustard oil (Mustard powder + Oil)

Flour & dry seasoning above to coat the Liver

Method:-

- (1) Fry the Onions until lightly browned.
- (2) Add ¼ tsp of Garam Masala and mix in.
- (3) Add all the remaining dry ingredients, excluding the Sugar.
- (4) Fry for a further 2-3 minutes.
- (5) Coat the Liver in the seasoned flour.
- (6) Add the Liver and softened Potatoes and fry on a high heat for 5 6 minutes.
- (7) Add a cup of water, mix and cook on a low heat for a further 20 minutes until fully cooked.
Stirring gently.
- (8) Add the Sugar and ¼ tsp of Garam Masala. Mix well and cook for 2 to 3 minutes.

Serve over salted boiled Turmeric rice, perhaps with a little salad.