Chicken Liver and Onion Toasts with Apple Slaw

4 servings, each with 2 topped toast slices and one-quarter of the apple slaw · Active 30 min · Total 40 min

Skills: Moderate

Ingredients

- 2 medium apples, cored (300 g prepared), cut into thin matchsticks
- 3 cups finely shredded cabbage (200 g)
- 1/3 cup plain yogurt (80 g)
- 2 teaspoons prepared mustard (10 g)
- 1 tablespoon cider vinegar (15 ml)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 2 tablespoons butter (28 g)
- 2 medium onions (300 g), thinly sliced
- 14 oz chicken livers (400 g trimmed)
- 1 tablespoon neutral oil (15 ml)
- 8 thick slices plain bread (240 g)

Set out

Large skillet, Toaster or dry toasting pan, Mixing bowl, Food thermometer, Separate raw-poultry board

Allergens

Milk, Wheat. Check labels and substitutions.

Ingredient labels

Mustard is present; check bread and yogurt labels.

Make it

1. Mix apples, cabbage, yogurt, mustard, vinegar and one-third of the salt in the bowl. Cover and refrigerate. Prepare this before handling raw liver.

2. Melt butter in the skillet over medium-low heat. Cook onions for 12–15 minutes, stirring, until very soft and golden. Transfer to a plate.

3. Meanwhile trim the chicken livers on a separate board, removing tough tissue and any green or damaged parts. Do not rinse. Halve thick pieces to an even thickness of about 3/4 inch/2 cm. Wash hands and clean raw-poultry surfaces thoroughly.

4. Add oil to the skillet over medium heat. Cook liver in one uncrowded layer for 8–12 minutes, turning, until several thick centers reach 165°F/74°C. Work in batches if needed and allow longer. Add remaining salt and pepper. Return onions and heat for 1 minute.

5. Toast the bread while the liver finishes. Divide the liver and onions over 8 slices. Serve two topped slices per person with one-quarter of the cold slaw.

Only buy a pack you can use safely

If a pack is larger than the recipe needs, divide and freeze the extra raw liver promptly rather than leaving it open for several days. Label the weight and date.

A useful detail

Use a food thermometer; liver can brown before its center reaches 165°F/74°C. The 40-minute total assumes one roomy pan batch. Add another 10–12 minutes if two batches are needed.

Keep it well

Refrigerate raw poultry liver promptly and use within 1–2 days or freeze, following its label. After cooking, cool leftover liver and onions within 2 hours, or 1 hour above 90°F/32°C, and refrigerate at 40°F/4°C or below for up to 2 days. Keep slaw separate and use within 1 day. Reheat liver and onions once to 165°F/74°C; make fresh toast.