

5 Easy Ways to Eat Liver

How to Eat Nature's True Superfood Without Having to Taste It!

by Rosemary Fotheringham, NTP

Why Liver?

A nutrient-dense, anti-inflammatory way of eating like Paleo, the Auto-Immune Protocol (AIP), or Wahls Protocol can do wonders for healing and restoration. But, you can take that healing to another level by incorporating organ meats (a.k.a. “offal”) like liver, heart, and kidney into your diet.

Fear Not!

I know, I know: you probably feel at least a little squeamish or apprehensive about the thought of eating organs. You might wonder how to cook them or what they will taste like. I felt that way when I started out, too. Don't worry! I'm going to give you a small handful of simple, easy recipes that you can use to get started that will suit any beginner. And, a little sneaky secret: if you're not overly fond of the taste, there are ways to hide organ meats in other meats so you, your kids and your spouse won't even be able to tell.

The Ultimate Superfood

“Conventional dietary wisdom holds that the micronutrients (vitamins, minerals and trace elements) we need from foods are most highly concentrated in fruits and vegetables. While it’s true that fresh fruits and veggies are full of vitamins and minerals, their micronutrient content doesn’t always hold up to what is found in meats and organ meats—especially liver.” —Chris Kresser

Organ meats are the ultimate superfood, and liver is king of them all. Ounce for ounce, liver is the most nutrient dense food in the world. It’s the ultimate food to help build up nutrient stores and it’s an amazing fatigue fighter! It’s been considered a sacred food in many traditional cultures around the world for thousands of years, especially for fertility. It’s so densely packed with nutrients that you really don’t need much at all. Just about one serving a week is plenty. You can do 3-8 oz a week, depending on your size.

More on the nutrients found in liver in the next section.

Quality Matters

Make sure you get it from a good source: quality is imperative! No, the liver does not store toxins: that’s a common misconception. It actually chemically converts them and gets them ready for excretion. Think of it like bagging up the trash and getting it ready to be taken out. Even so, it’s still important to get organ meats from a source you trust. It should be somewhere where the animals were healthy and raised eating foods natural to their diet. Cows eat grass, not corn! Grass-fed, pastured and organic is best. Your local co-op is a good place to start to find these kinds of meats. A butcher is another good place. Often, local ranches

will have a half or quarter beef you can buy. Make sure to specifically ask to have the organ meats included because they might not automatically put them in!

- Lamb liver: 100% grass-fed & grass-finished
- Beef liver: 100% grass-fed & grass-finished
- Pork liver: “pastured” or “pasture raised”
- Chicken livers: “pastured” or “pasture raised”

Rich in Energy-Giving Nutrients

I call liver “Rocket Fuel”. When things are stressful and you’re fatigued, liver can save the day with its vitality-giving vitamins and minerals! The nutrients in liver can help you lose weight, get clearer skin, help your body to detox, boost your immunity, and boost energy. Below are just some of the nutrients in liver and why each of them are good for you.

B Vitamins

B Vitamins do all kinds of things, but one of the well-known ones is that they give you energy. And liver is WAY better for you than an energy drink! Liver even has an “anti-fatigue factor” that they haven’t yet identified, but it makes you like the Energizer bunny: you’ll just keep going, and going....

Choline

Choline is an important component of cell membranes, which are less like walls and more like highly technical guarded gates at a border, where the cell decides what comes in and out. Cell membranes need to work well for the cell to work well. Choline is also important for brain

health, and is a building block of acetylcholine, a neurotransmitter that is important for heart health and muscle movement (like moving food through the gut).

Iron

Iron is a building block in hemoglobin, which is the protein that travels around your bloodstream delivering oxygen. Not getting enough iron can result in fatigue and anemia.

Folate

Folate is categorized as a B vitamin (B₉), but it deserves its own special shoutout here. Folate plays a crucial role in detoxification, heart health, and reproductive function. Liver is by far the highest source of natural folate. Note that folate is not to be confused with *folic acid*, which is synthetic and can't be used by many people's bodies due to a genetic mutation.

Copper

Copper helps the body absorb, store and use iron throughout the body in red blood cells.

Chromium

Chromium helps your body use blood sugar. Chromium is like the key that insulin uses to help store glucose (blood sugar) in the cells to be used for energy. Chromium is a huge component of proper blood sugar regulation.

5 Easy Liver Recipes

Here now are five easy ways to prepare nature's ultimate superfood without having to taste it going down!

1) Rocket Fuel Ground Beef

This is one of my favorite ways to give a boost of nutrients to regular ground beef in a way that you can't taste and won't know it's there! Anything you can make with ground beef, you can make with Rocket Fuel Ground Beef. Think burgers, meatloaf, tacos, meatballs, and so on!

Ingredients & Equipment:

- 1 pound grass-fed beef liver
- Ground beef, pork, lamb, etc.
- Ice cube trays

Instructions:

1. Put the liver in a food processor or blender, and blend until it's a smooth consistency.
2. Pour the liver into ice cube trays.
3. Put the trays in the freezer.
4. Once the liver is completely frozen, pop the liver cubes out and store them in a zip lock large freezer bag.
5. Every time you use a pound of ground beef (or any meat at all, like pork or lamb), add 1-2 cubes of the liver and mix it in.

2) Magic Liver Powder

Magic Liver Powder is pureed liver, dehydrated at low temperatures so it retains its nutrients, and blitzed into a powder. I encapsulate the magic liver powder and make [homemade desiccated liver capsules](#), but that does take a little work with an encapsulating machine. You can also use this powder to sprinkle on top of other foods, add a teaspoon to smoothies, or however you would like to use it. It's especially good for when you are under stress, as it gives your body the nutrients it burns through quickly when you're stressed!

Ingredients & Equipment:

- 1 pound raw grass-fed beef liver
- Dehydrator

Instructions:

1. Line the trays of a dehydrator with parchment paper.
2. Put the liver in a food processor or blender, and blend until it's a smooth consistency.
3. Pour the pureed liver onto the parchment paper-lined trays, using a spatula to spread it as thin as possible.
4. Put the lid on, turn the dehydrator on, and set it in a well-ventilated place. Dehydrate for 24-48 hours. The liver is done when it's completely dry.
5. If you bend the liver and it cracks and crumbles easily, it's ready to go.

6. There might be some areas that are still a bit soft and jerky-like. Leave those to keep dehydrating until all the liver is completely dry, no moisture.
7. Crack apart the big chunks into smaller chunks, and pack them all into a blender or food processor. Blend until the liver becomes a powder.
8. Use a strainer to filter out the bigger chunks from the powder, blending those again until all of the liver is a powder consistency (this may take a few rounds).
9. Put the powder into a wide-mouthed mason jar and store in the freezer. Use in or on food whenever you need a boost of energy.

3) Easy Best-Ever Meatballs

I learned how to make this style of meatballs from a Russian lady and then again while I was living in Ukraine, where they are very common. They are called *kotleti* (котлети), like our word for “cutlets.” They’re sort of like a cross between a burger and a regular meatball. They are incredibly tender and flavorful, and are one of my favorite foods to eat! You can make a big batch and freeze half to eat later. Best of all, they are one of the best ways to hide the taste of liver.

Ingredients & Equipment:

- 1 pound Rocket Fuel Ground Beef
- 1 pound Rocket Fuel Ground Pork
- 1 small onion, chopped
- 3 large cloves garlic

5 Easy Ways to Eat Liver

- 1 egg (omit for AIP)
- 1 large handful fresh parsley, chopped finely
- 1 teaspoon Celtic salt (or more, to taste)
- 1 teaspoon freshly ground black pepper
- 1 tablespoon solid cooking fat (pastured lard, grass-fed tallow, ghee, or butter, pastured bacon fat)

Instructions:

1. Use a blender to blend the onion, garlic, egg, salt and pepper.
2. Pour into a large bowl, and add the beef and pork. Mix everything together with your hands until it's all incorporated.
3. Heat a tablespoon of fat in a skillet over medium heat. Wet your hands and shape the meatballs into small, flat, ovular patties.
4. When the fat is shimmering, place 4-5 meatballs into the pan. Don't do too many; you don't want to overcrowd the pan.
5. After a couple of minutes, flip the meatballs with a spatula and brown the other side.
6. While they are cooking, put a little water in the bottom of another saucepan, just enough to cover the bottom, and set it next to the frying pan.
7. When the meatballs are browned on both sides, use the spatula to transfer them to the saucepan, placing them neatly close to each other.
8. Put the lid on top to let them rest. Don't worry if they aren't cooked all the way through yet; that will happen in the next step.

9. Continue cooking all the meatballs and stack them neatly in the pan.
10. Once they are all in the saucepan, bring just up to a boil and then reduce to a very low simmer and cover the pan.
11. Let them simmer for 10-15 minutes further until cooked all the way through. This step will make them very moist and tender!

4) Fried Chicken Livers

Chicken livers are pretty mild in terms of their flavor. They are a great way to start out eating liver if you haven't tried it before. This recipe is especially good to use with a homemade burrito bowl style dinner with cilantro rice, shredded lettuce, pico de gallo, and guacamole!

Ingredients & Equipment:

- 1 pound chicken livers
- ½ cup coconut flour
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 1 tsp cumin
- 1 tsp oregano
- 2 tablespoons solid cooking fat (e.g. coconut oil)

Instructions:

1. Mix the coconut flour, salt, pepper, cumin and oregano in a small bowl.

2. Pat the chicken livers dry with paper towels.
3. Put the chicken livers and the coconut flour in a large zip locking bag and shake until coated.
4. Heat the fat over medium heat until shimmering.
5. Put the chicken livers in the pan, but don't overcrowd the pan. Fry on both sides until golden, about 3 minutes each side.
6. Dry on a paper towel (use unbleached paper towels if possible).

5) Easy Fried Liver and Onions with Sour Cream

If you don't think you like liver and onions, this recipe might change your mind! I'm not sure whether it's the rich creaminess of the sour cream or the sweetness of the onions, but this recipe really helps make liver tasty. Soaking the liver in lemon juice overnight isn't absolutely necessary, but it reduces the livery taste, and when it's not overcooked, it doesn't have the tell-tale velvety texture that turns some people off. If you make it and find you want to cover up the taste a little more, add a dollop of ketchup (without high fructose corn syrup, and preferably without tons of sugar). Ketchup is culinary duct tape! I like this [homemade ketchup recipe](#) from *Balanced Bites* because it's low in sugar and tastes amazing.

Ingredients & Equipment:

- 1 pound liver, sliced thinly into ½ inch slices
- Juice from 3 lemons
- 1 yellow onion, diced
- 2 tablespoons grass-fed butter

5 Easy Ways to Eat Liver

- 8 ounces grass-fed, organic sour cream (store-bought or [homemade](#))*
- Freshly chopped parsley (for garnish)

* For a dairy-free option, try cashew sour cream.

Instructions:

1. Put the lemon juice and liver slices into a large zip locking bag and massage the bag to make sure the liver is coated. Marinate overnight.
2. Fry onions in half the butter in a frying pan until translucent.
3. Pat the liver dry with paper towels. Season generously with salt and pepper on both sides.
4. Fry the liver in the pan with the rest of the butter, cooking only about a minute each side. It should still be a little pink in the middle.
5. Pour the sour cream into the pan and mix it in with the liver and onion just until heated through. Serve immediately. Garnish with parsley.

5 Easy Ways to Eat Liver

We hope you enjoyed these recipes. Eating the right things is a major part of optimizing your health and setting the foundation for natural fertility. In addition to helping you transition toward toward a more nutrient-dense way of eating, we can help you adopt the lifestyle, strategies, and habits needed to feel, look, and perform your best. If you'd like to learn more about how I can help, visit FlourishFundamentals.com.

Love,

Rosemary Fotheringham, NTP