

Our State eats

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Fried Chicken Livers & Onions

Yield: 4 servings.

- 1 pound fresh chicken livers**
- 1 cup whole milk**
- 1 cup vegetable oil**
- 1 large onion, cut into ¼-inch rings**
- 1 cup all-purpose flour**
- 1 teaspoon salt**
- ½ teaspoon ground black pepper**
- Hot sauce (optional)**

Soak chicken livers in milk for up to a couple of hours to help remove any strong flavors. Place livers in a colander and rinse under cold water; discard milk. Cut each liver in half.

Pour ½ cup oil into large skillet and bring to 350°. Add onions and cook, stirring often, until golden in color. Remove onions with a fork and place on paper towel to drain.

In a pie pan or shallow dish, whisk together flour, salt, and pepper. Dredge livers in flour mixture until well coated.

Bring remaining oil to 350°. Shake off excess flour from livers and fry in batches of 2 or 3 to avoid overcrowding. Cook livers about 2 to 3 minutes per side or until the outsides are crispy. The centers should be slightly pink with an internal temperature of 165°.

Transfer livers to a paper towel-lined platter and top with cooked onions. Salt to taste. Serve immediately with your favorite hot sauce, if desired.



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