

# Pan Seared Liver with Smoked Bacon

Hands-on 30 minutes Overall 1 hour

**Nutritional values (per serving):** Total carbs: 6.1 g, Fiber: 0.7 g, **Net carbs: 5.4 g,**

Protein: 38.8 g, Fat: 21 g, Calories: 377 kcal,

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## Ingredients (makes 6 servings)

1 kg liver (2.2 lb) (*I used lamb liver, but you can use chicken livers if you want a milder taste*)

1 large onion, sliced (150 g/ 5.3 oz)

3 cloves garlic, crushed

1 cup sliced white mushrooms (70 g/ 2.5 oz)

6 slices smoked bacon (180 g/ 6.3 oz)

1/4 cup fresh herbs such as sage and thyme (*or use about 1 tbsp dried herbs*)

sea salt and pepper, to taste

2 tbsp [ghee](#), butter *or* duck fat (30 g/ 1.1 oz)

## Instructions

1. Heat a heavy bottomed frying pan and add half of the butter.
2. Slice the bacon into generous pieces and the liver into bite sized pieces.
3. Cook the bacon until crisp, remove and set aside.
4. Place the sliced onions, mushrooms, garlic and the finely chopped herbs into the pan and cook until the onions are soft. Remove and set aside.
5. Place the remaining butter in the pan, add the liver and salt and pepper and cook until seared and browned on the outside. You want this to be quick and hot as you don't want to stew the liver.
6. Place the liver into a casserole dish or dutch oven. Pile the bacon and onions on top of it to form a "blanket" over the liver.
7. Place on the stovetop, cover with lid and cook on a gentle heat for approx. 20-30 minutes, this is what creates the rich gravy.
8. Stir together at the end and serve with low-carb sides such as [cauli-rice](#) or zucchini noodles. Store covered in the refrigerator, for up to two days.

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