



## This is how 'Carajacas with caramelized onion and toasted sesame seeds' are made, by Carolina Díaz-Bertrana

### **FIRST STEPS**

#### **a) Ingredients**

*1 kilo beef liver cut up into chunks*  
*1 dessert spoon of cumin*  
*1 dessert spoon of thyme*  
*1 laurel leaf*  
*1 coffee spoon of oregano*  
*2 dessert spoons of sesame seeds*  
*A shot of vinegar*

#### **b) Marinade**

*1 garlic bulb*  
*2 roasted red peppers*  
*2 dessert spoons of cumin*  
*4 laurel leaves*  
*2 chilli peppers*  
*1 soup spoon of sweet paprika*  
*2 soup spoons of olive oil 04°*  
*Salt*

#### **c) Caramelize**

*2 onions*  
*1/2 glass of water*  
*1/4 of sugar*  
*Salt*

## ***COOKING METHOD***

First of all the liver has to be marinated. A mash is prepared out of the garlic bulb, two roasted red peppers, cumin, laurel leaves, chillies, oil, salt and paprika. We marinate the liver with this mixture and let it soak in for four hours.

After this period, fry the liver in warm oil. Stir it around well and add a laurel leaf, a small spoon of thyme, another spoon of cumin and a further spoon of oregano. We finally add a shot of vinegar. The whole mix is sautéed until the liver is done.

In the meantime, we cut up strips of onion, place them in a pan, and caramelize them on a slow heat with half a glass of water and a quarter glass of sugar, until we see that the onions are tender and lightly golden in colour.

We present the carajacas with the caramelized onions on top, and the sesame seeds sprinkled all over. This dish goes really well with papitas arrugadas potatoes.