PERSIAN · SIDE · SNACK

Jaghur Baghur (Persian Lamb Liver and Onion Sauté)

جغوربغور

40 min · Serves 6 · 225 kcal a serve · Video 23:09 in Persian · Yummy Gastronomy

Gluten-free ingredients · No dairy listed · No nuts listed

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About 19 g protein and 10 g net carbs a serve. Lamb liver and heart are exceptionally rich in vitamin B12, vitamin A, selenium and iron, cooked simply with onions and no flour.

Diet notes: Low carb (9.7 g net carbs) but not keto: 45% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 11 · SERVES 6

- [ ] **fresh lamb liver** (about 350 g), trimmed and sliced
- [ ] 1 **lamb heart** (about 150 g), trimmed and sliced
- [ ] 500 g **onions**, half yellow and half red, sliced into rings
- [ ] 2–3 tbsp **vegetable oil**
- [ ] 1 stalk **green garlic** (or 8 cloves garlic), chopped
- [ ] ½ tsp **freshly ground black pepper**
- [ ] ½ tsp **advieh** (Persian spice mix)
- [ ] 1 tsp **turmeric**
- [ ] 2 tsp **chilli-garlic sauce** (or 1 tsp hot chilli powder)
- [ ] ½ tsp **salt**
- [ ] **Lemon juice**: juice of ½–1 Seville (sour) orange or lemon

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the onions into thin rings. 4:40
2. Trim the liver and heart: peel off the thin outer membrane, cut out the tubes and veins, then slice into thin bite-size strips. 5:50
3. Heat a wide pan well, add the oil and then the onions, and cook over medium heat, stirring, until soft and lightly golden. 9:15
4. Turn up the heat, add the liver, heart and garlic and stir-fry until the meat just changes colour. 12:55
5. Season with the chilli sauce or chilli powder, turmeric, advieh, black pepper and salt, and stir for a minute or two. 14:25
6. Squeeze in the sour orange or lemon juice, toss, cover briefly and cook only until the liver is done but still tender; overcooking makes it tough. 16:10
7. Serve hot as a meze, with extra sour orange to squeeze over. 18:35

> **Tip** Liver is extremely high in vitamin A, so keep it an occasional dish and avoid it in pregnancy. Throw out any liver with flat worm-like flukes. Traditionally eaten with flatbread; the cook allows up to 1 tbsp tomato paste.

The method is a summary in our words, in English — the video (in Persian) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
225 kcal	19 g	12 g	1.8 g	11 g	230 mg
940 kJ	39% of a day	9.7 g net · 3.7 g sugars	6% of a day	2.5 g saturated	10% of a day
		4% of a day		14% of a day	

Energy from net carbs 18% · protein 36% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1484% · Vitamin A 366% · Selenium 106% · Zinc 40% · Omega-3 36% · Iron 29% · Vitamin B6 25%

Source of (10–19%) Vitamin C 14% · Folate 12%

Recipe and video: Yummy Gastronomy (@YummyGastronomy) on YouTube — youtube.com/watch?v=CY1tWizi2PA, published 21 February 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jaghur-baghur-lamb-liver