EGYPTIAN · LUNCH · DINNER

Kebda Eskandarani (Alexandria-Style Spicy Liver)

الكبده الإسكندرانى

40 min · Serves 3 · 356 kcal a serve · Video 5:39 in Arabic · nadia elsayed

Gluten-free ingredients · Dairy-free · Nut-free

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About 32 g protein and 12 g net carbs a serve; beef liver is exceptionally rich in vitamin A, vitamin B12, folate and iron.

Ingredients 11 · SERVES 3

- [ ] 16 oz **beef liver**, part-frozen and cut into thin strips
- [ ] 2 **green capsicums** (bell peppers), or hot green chillies, in strips
- [ ] 2 medium **limes** (small green lemons), juiced
- [ ] 2 tbsp **white vinegar**
- [ ] 3 tbsp **vegetable oil**
- [ ] 3 large cloves **garlic**, minced
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **ground coriander**
- [ ] a pinch of **paprika or chilli powder** (optional)
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the marinade: mince the garlic, squeeze the lime juice over it, then add the vinegar, salt, pepper, cumin, coriander and paprika or chilli and stir. 0:40
2. Freeze the liver briefly so it firms up, then slice it into thin strips with a sharp knife. 1:54
3. Toss the liver in the marinade and leave 10 minutes (no longer) while you slice the peppers. 2:30
4. Heat the oil in a frying pan until very hot and add the liver in one layer so it sears rather than stews; stir until it takes colour and is nearly cooked, up to 10 minutes. 3:03
5. Add the peppers and toss for about 10 minutes more, until they just soften and the liver is cooked through. 3:45

> **Tip** Alexandrians stuff it into bread rolls with tahini sauce; a crisp salad or grilled vegetables keep it low-carb. Serves 3 is our estimate. Liver is very high in vitamin A, so once a week is plenty.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
356 kcal	31 g	14 g	2.4 g	19 g	870 mg
1,490 kJ	63% of a day	12 g net · 2.9 g sugars	9% of a day	2.8 g saturated	38% of a day
		5% of a day		25% of a day	

Energy from net carbs 14% · protein 36% · fat 50% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 3334% · Vitamin A 1192% · Vitamin C 98% · Vitamin B6 83% · Omega-3 81% · Folate 77% · Selenium 75% · Zinc 57% · Iron 45% · Vitamin E 23%

Source of (10–19%) Vitamin K 18% · Potassium 14% · Magnesium 10%

Recipe and video: nadia elsayed (@Nadiaelsayed) on YouTube — youtube.com/watch?v=LA9651FWtwA, published 24 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/kebda-eskandarani-alexandria-liver