

DEVILLED KIDNEYS
(Fricasse of kidneys)

Serves 2

Ingredients

10 lambs kidneys (cut into quarters with white removed)
splash of rapeseed oil
small glass of port
small glass of Madeira
1 tablespoon of wholegrain mustard
pinch of cayenne pepper
splash of Worcestershire sauce
100ml double cream
100ml lamb stock
knob of butter
salt and pepper
chopped parsley to garnish

Method

1. Heat the oil in a frying pan, then add the kidneys. Allow them to colour, turning occasionally.
2. Add the alcohol and reduce right down. Add the stock, Worcestershire sauce, cayenne pepper and seasonings.
3. Reduce down further by half and add the double cream and simmer for a further 2-3 minutes.
4. Check the seasoning and serve on fried bread or toast, with the chopped parsley.

Fricasse additions:

Handful of washed baby spinach, roasted shallots (cooked and peeled), lardoons of bacon (strips).