



**Moordrift**  
**Dairy**

### **DEVILLED KIDNEYS RECIPE**

For those who love kidneys.  
Excellent food for a Sunday morning breakfast.  
This a great recipe from Ina Parman's cookbook.

### **INGREDIENTS**

8 Lamb's kidneys, washed and cleaned  
3 medium onions, chopped  
1 Tbs oil  
1Tbs butter  
4 potatoes, diced  
1 Tbs Worcester sauce  
2 Tbs tomato sauce  
8ml salt  
1ml pepper  
1 cup chicken stock  
1 Tbs sherry

### **INSTRUCTIONS ON HOW TO MAKE IT:**

Dice the kidneys.  
Saute the onion in the oil/butter mixture until well-browned.  
Add the diced potatoes and stir-fry until glazed and golden.  
Add the diced kidneys. Stir-fry over high heat until lightly cooked.  
Add the remaining ingredients and simmer very slowly until potatoes are soft. If the gravy is still too thin, thicken with a little cornflour.

**FRESHER FOR LONGER**

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