

## Devilled Kidneys

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OK, I admit it, I'm an offal fan. There is something alluring about the idea of this traditional old English breakfast dish so here's one to try. Recipes vary greatly; this version is the Guardian's approach. Naturally, the spice can be adjust to suit your personal palate. (I'm tinkering with the idea of using a hot, and I do mean hot, chilli sauce instead of cayenne.)

I don't really do cooked breakfasts, normally, but this is easy enough and tasty enough to make a decent light lunch or a starter for your more adventurous guests.

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### Planning

serves:	2
prep time:	10 mins
cooking time:	10 mins

### Ingredients

4 lambs' kidneys  
2 tbsp flour, seasoned  
25g butter, softened  
½ tsp cayenne pepper  
½ tsp mustard powder  
1 tsp Worcestershire sauce  
1 tsp anchovy essence, or 2 anchovies, mashed  
2 thick slices bread  
Salt & pepper

### Method

Remove the suet from around the kidneys if necessary, along with the thin membrane that might still encase them. Slice in half laterally, so they retain their kidney shape, and use a pair of scissors to snip away the membranes that attach the white fatty core to the meat. Dust in the seasoned flour.

Mash the butter with the other ingredients, and adjust to taste.

Heat a small frying pan, then add the butter. Turn down the heat to medium. Shake the excess flour off the kidneys, then cook them for two and a half minutes on each side. Meanwhile, toast the bread.

Serve the kideys and juices atop the toast as a traditional breakfast or lunch.