

JC's Devilled Kidneys

A while ago I spotted packs of lamb kidneys in Tesco. Then they disappeared for a while but it sowed in me the seeds of an obsession - I desperately wanted some Devilled Kidneys.

Lamb kidneys recently reappeared and I couldn't resist sating my desire. I already have one recipe for Devilled Kidneys but went searching again. There are many recipes on the good ol' Internet and, of course, they all vary widely. Some are just dusted in seasoned, spicy flour and fried (as my original) while others come with a sauce. Since the original description is of kidneys in Devil sauce, I thought a sauce was really necessary. So, in my inimitable style, I combined my take on spicy seasoned flour with a sauce based on what I thought were the oft used ingredients but using yogurt instead of cream.

I thought it was very good and would make a good lunch or starter.

Planning

serves:	4
prep time:	10 mins
cooking time:	10 mins

Ingredients

450g lamb kidneys
2 tbs plain flour
2 tsp hot smoked paprika (or cayenne)
1 tbs paprika
1 tbs ground cumin
1 tsp sea salt
50g unsalted butter
1 tbs mustard (English or Dijon)
2 tsp Worcestershire sauce
75ml natural yogurt
Salt & pepper

Method

Halve the kidneys lengthwise and snip out the cores. Cut the halves into quarters.

Mix the flour with the paprikas, cumin and sea salt stirring well. Dust the kidney quarters with the seasoned flour.

Melt the butter in a large skillet over medium high heat. When the foam subsides toss in the kidneys gently knocking off excess flour as you go. Fry for 3 minutes before turning them and frying for a further 2 minutes.

Stir in the yogurt, mustard and Worcestershire sauce. Bubble gently for another 2 minutes.

These go very well as a *salade tiede* on green leaves which mop up the juices surprisingly well. They would make a good, adventurous starter for 4.