



VEAL KIDNEYS IN A “SUURSOUS”

This is a traditional old South African favourite. Make sure your guests or family likes kidneys before you cook this dish.

Serves: 4 | Difficulty: easy | Prep time: 5 minutes | Cooking Time: 30 minutes

METHOD

1. Wash and soak the kidneys in cold water. Cut out the fatty middle of each kidney and cut into bite-sized chunks.
2. Heat the butter in a large pan. Add the kidneys and stir-fry for about 5 minutes.
3. Add the flour to the pan and mix through.
4. Add the stock and stir until the sauce has thickened.
5. Add the vinegar or lemon juice and adjust the seasoning.

Spekko tips for caterers

- This recipe can be made in bulk. Beef, veal or lamb kidneys are all delicious. Beware of overcooking, as the kidneys will get tough.
- Kidneys are reasonably priced and can be served as part of a breakfast buffet as well.
- This recipe is easy, and can be made with just a few readily available pantry items.

INGREDIENTS

- 6 veal kidneys, cleaned and cut into chunks
- 60 ml (4 tbsp) butter
- 22,5 ml (1 1/2 tbsp) flour
- 500 ml (2 cus) beef stock
- 30 ml (2 tbs) vinegar or lemon juice
- Spekko Long Grain Parboiled Rice to serve
- salt