Retigo Combionline | Cookbook | Lamb/Mutton 7. 1. 2022

Devilled kidneys

Cuisine: English

Food category: Lamb/Mutton



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Program steps

SSS Combination













Ingredients -	- number	of portions	- 8

Name	Value	Unit
lamb kidneys	8	pcs
shallot	2	pcs
bacon diced	100	g
coarse grain mustard	10	g
cayenne pepper	2	g
double cream	80	ml
red currant jelly	5	g
sherry	60	ml
capers	15	g
Sliced bread	8	pcs
chives	20	g

Nutrition and allergens

Allergens: 10

Minerals: Ca, K, Mn, Na, P, Zn

Vitamins: A, B, C

Nutritional value of one portion	Value
Energy	107.7 kJ
Carbohydrate	0.9 g
Fat	11.3 g
Protein	0.5 g
Water	0 g

Directions

1. Slice the kidneys in half and thoroughly rinse under cold running water. Soak them in milk for 20 minutes and remove the white cores.

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- 2. In a skillet, lightly sauté the onions and bacon and add the kidneys.
- 3. Set the oven on combi at 120°C
- 4. In an ovenproof dish, combine the kidneys, capers, mustard, Worcestershire sauce, cayenne, double cream, jelly and sauce.
- 5. Bake for 10 to 15 minutes or until cooked.
- 6. Plate over toasted bread, garnish with chives and serve.

Recommended accessories

