

LAMB KIDNEY *Sauté*

4 servings

6	lamb kidneys	6
2-3 tbsp	all-purpose flour	30-45 mL
3 tbsp	PASTENE Pure Olive Oil	45 mL
1	green pepper, chopped	1
2	onions, chopped	2
1 tbsp	PASTENE Tomato Paste	15 mL
1 cup	chicken stock	250 mL
1	bay leaf	1
1 tbsp	fresh parsley, chopped	15 mL
	juice of 1 lemon	
	salt and pepper	

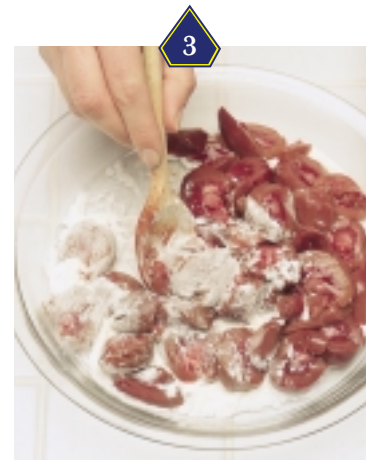
- Slice kidneys partly open lengthwise along outside curve. Remove visible fat. Cut kidneys into slices. Coat with flour.
- Heat olive oil in a heavy skillet over medium-high heat. Cook kidney slices lightly on both sides. Add green pepper and onions; cook at medium-low heat for 5 minutes.
- Add tomato paste, chicken stock, lemon juice, bay leaf, parsley, salt and pepper to taste. Cover tightly and cook 10-12 minutes, until kidneys are tender. Serve with rice and fresh asparagus.



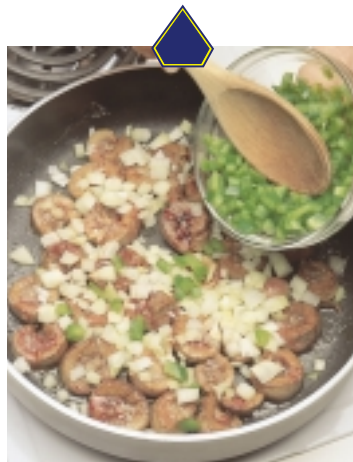
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Coat kidney slices with flour.



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