

# Kidney Turbigo



This is a recipe I used to cook and enjoy a long time ago. As offal became less popular so the dish was forgotten.

The other day however I thought maybe I should resurrect it so I searched through my recipe file and came up with the original recipe.

I serve this dish normally with rice but it can be served with mashed potato if you prefer.

I cooked the rice for this in my top pot, which enables me to cook the rice at the same time as the meat.

## **INGREDIENTS**

- " 3 tbsp olive oil
- " 8 button onions, skinned and left whole
- " 150g button mushrooms
- " 4 lamb kidneys, cut in half and white tissue removed
- " 6 beef sausages, chopped into four
- " 1 tbsp flour
- " 3 garlic cloves chopped finely
- " 1 tbsp ground coriander
- " 400g tin chopped tomatoes
- " 250ml red wine
- " ½tsp Worcestershire sauce
- " 1 tbsp tomato puree
- " ¼tsp Tabasco sauce
- " 3 tsp sugar
- " 1 tsp salt
- " ½tsp freshly ground pepper

## **METHOD**

1. Heat the olive oil in the inner pot.
2. Add the onions and mushrooms and cook over a medium heat until the onions start to brown.
3. Add the kidney, sausages, garlic, cumin and tomatoes and stir for 2 to 3 minutes.
4. Stir in the flour before adding the wine Worcestershire sauce, tomato puree, Tabasco sauce, sugar, salt and pepper.
5. Stir and bring to the boil.
6. Turn the heat down to a simmer and simmer for 5 minutes.
7. Turn off the heat and place the inner pot into the insulated outer container.
8. Shut the lid and leave to thermal cook without power for 1-2 hours.
9. Before serving check the seasoning and adjust.
10. Serve with rice.

**NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.**