



Both Liver and Kidney in one dish? Oh why not!

Ingredients:-

Liver and Kidney

Flour (Gluten free in our case)

Salt, Pepper, Onion Salt and Garlic Salt ? To season the Flour

White Wine Vinegar

Tomato Puree

Chilli Flakes

Reserved Chicken Stock

Peas

Salt and Pepper

Tomato Sauce

Oil

Method:-

(1) Cube and coat the Liver & Kidney in Seasoned flour.

(2) Sear on all sides in a bit of oil.

(3) Set the Offal aside and drain the juices into a pan.

(4) To the juices add White Wine Vinegar, Tomato Puree, Chilli Flakes, Pepper, Chicken stock and Tomato Sauce.

(5) Simmer to reduce.

(6) Add Liver and Kidney and Peas to the sauce.

We served ours with [Sag Aloe](#). A very quite an tasty ?End of the month? dish.

