

Lamb's Fry and Bacon

Serves: 1

Prep time: 10 Minutes

Cooking time: 10 Minutes

Ingredients:

- 4 slices of lamb fry
- 2 tablespoons plain flour
- pinch salt and pepper
- 1 tablespoon butter
- a splash of olive oil
- ½ brown onion, chopped
- 1 slice of bacon cut into pieces
- ¼ cup beef stock or water
- dash of tomato sauce
- dash of Worcestershire sauce

Method:

- Peel the outer skin of the lambs fry (looks like thin plastic wrap) rinse, dry and slice into thick slices
Freeze the left overs for another day
- Dust the slices with seasoned flour and reserve the remainder of the flour for the gravy
- Heat frypan over medium-high heat
- Add butter and oil and heat till butter melts
- Add chopped onion and cook for 1-2 minutes
- Add the bacon and cook till crisp, remove bacon and onion
- Add the lamb's fry and cook for 2-3 minutes on each side, remove from pan, cover and keep warm
- Add the **reserved** plain flour to the pan and cook for 1 minute, while stirring
- Gradually add the stock/water, stir to prevent it going lumpy. Add tomato and Worcestershire sauce, stir till thickens, and add more water if needed
- Return the lamb and bacon to the sauce and reheat
Serve with sliced tomato and toast



*Breakfast-Lunch or Dinner
another golden oldie*