



Steak and Kidney

Challenge 2019 sent in by Paul

Serves: 1
Prep time: 15 Minutes
Cooking time: 2 Hours

Ingredients:

- 200g oyster blade steak
- 2 lamb kidneys
- 1 tablespoon plain flour
- salt and pepper
- 2 teaspoons oil
- ½ small brown onion, finely chopped
- 100g diced tomatoes
- 40ml red wine
- ¼ cup water
- 1 clove garlic, grated
- ½ carrot, cut into chunks
- 1 tablespoon chopped parsley

Method:

- **Preheat oven 150°C**
- Cut the steak and kidney's into bite size chunks, trim the fatty veins from the kidneys
- Add the flour to a bowl or ziplock bag, then add the meat, and shake to coat well
- Heat oil in a frying pan and add the onion and garlic, cook 1-2 minutes or until softens
- Add the meat to the same frying pan and stir to brown all over.
- Place the meat, garlic and onions into the base of a casserole dish,
- Mix the tomatoes, red wine, water, carrots, parsley, salt and pepper in a jug. Pour over the meat and onions.
- Place the casserole dish in the **preheated oven** and cook for approximately 2 hours or until meat is tender
- **Serve and Enjoy!**



Thank you Paul, this has been one I intended to attempt as it is one my dad loved and cooked for us often