

Kidney Dry Curry

Preparation Time: 25-30 minutes; cooking time: 18-20 minutes

Ingredients

- 1½ lb / 600 gm kidneys (lamb, calf or pig)
- 1 tsp / 15 ml bicarbonate of soda
- 1 tbsp / 15 ml cider vinegar
- ½ tsp / 7.5 gm salt
- 5 fl. oz / 150 ml cooking oil

Dry curry sauce

- 4 onions, finely sliced
- 4 tomatoes, -- ditto --
- 1 tsp / 2 gm garlic, finely chopped
- 1 tsp / 2 gm ginger, -- ditto --

Singe-fry ("bhunao") masala

- 1 tbsp / 8 gm ground cumin
- 1 tsp / 2.5 gm ground coriander
- 1 tsp / 2.5 gm ground chilies

Cooking masala

- 1 tsp / 2.5 gm amchoor
- ½ tbsp / 8 gm salt

Finishing masala

- ½ tsp / 2.75 gm garam masala

First prepare the kidney for cooking. Wash and blot with kitchen paper and cut off the outer thin membrane with a sharp knife. Slice the kidneys horizontally in half. Trim away the streaks of fat, keeping the kidneys flat on a cutting board and score the surface both lengthwise and breadthwise, keeping the squares long or small according to the size of the kidney. For lambs' kidney, a small '+' plus score is enough. Never cut too deep or else they will split open during cooking.

Toss the kidney with the bicarbonate of soda and let them sit for 15-20 minutes. Remove and wash them well with cold water, preferably running cold water. Now toss the kidneys in a bowl containing salt and vinegar for 10 minutes.

To prepare the sauce, take a saucepan and bring 100 ml of the oil to smoking. Add the onions and brown them. Then add the garlic and ginger, stir-fry for a minute or two, then add tomatoes. Keep cooking until it becomes a mild brown emulsion and the oil comes to the top. Set aside.

Take another saucepan and put the remaining 50 ml oil and bring to smoking, add the singe-fry masala and transfer to the first pan containing the onion and tomato emulsion. Bring to a medium heat and add the kidneys (it is better to cut the larger kidneys such as pigs' and calves' in half) and stir-fry. Immediately add the cooking masala and continue stir frying until the kidneys are glazed, dry and dark brown with a reddish tinge of the tomatoes.

Transfer to a serving dish and add the finishing masala.

Serve with rice or with fresh hot rolls as a sandwich; also goes very well with any oriental bread.

It is to be noted that turmeric in some way is inimical to kidney meat. It spoils both the texture and flavour. For this reason, kidney cooked with curry powder containing turmeric tastes flat. It is therefore best to avoid using turmeric.