

Mint Creek | Organ Meat

LAMB HEART AND CABBAGE
LAMB HEART LOAF
CURRIED LAMB'S LIVER
LAMB'S LIVER HAMBURGER STEAK
BATTERED LAMB FRIES
LAMB FRIES WITH POTATOES
DONBALAAN
(PERSIAN LAMB FRIES)
GRILLED KIDNEYS
KIDNEY AND LIVER PATE

LAMB HEART AND CABBAGE

Preparation Time: 15 minutes

Cooking Time: 55 minutes

Serves: 4

Ingredients

2 lambs' hearts

2 cups lamb sausage

1 cabbage, washed, leaves separated

4 cups water

Seasonings to taste

Instructions

Open lambs' hearts at the top (larger aperture).

Fill with sausage meat. Place hearts in cheesecloth (washed) and tie cloth with a string.

Place in kettle.

Add cabbage leaves, water, and seasonings.

Cover and let cook for about 55 minutes.

Drain off excess water, if there is any left.

Untie cheesecloth bag and remove hearts.

Serve on the cabbage.

LAMB HEART LOAF

Preparation Time: 15 minutes

Cooking Time: 1 hour

Serves: 4

Ingredients

2 lambs' hearts, passed through meat chopper

2 cups bread crumbs

1 onion, peeled, chopped

2 eggs

Seasonings to taste

Instructions

Mix all ingredients together thoroughly. Place mixture in a washed cheesecloth. Roll and tie both ends with a string.

Boil slowly for 1 hour in salted water. Remove from water, untie loaf and take off the cheesecloth. Then serve.

Any sauce can be served with the loaf.

CURRIED LAMB'S LIVER

Preparation Time: 5 minutes

Cooking Time: 10-15 minutes

Serves: 4

Ingredients

8 slices lamb's liver

1 cup bread crumbs

1 tablespoon curry powder

3 tablespoons butter

Seasonings to taste

Instructions

Place slices of liver in a greased baking pan. On each slice of liver, arrange all of the bread crumbs mixed with the curry powder. Place on top of bread crumbs, one piece of butter over each slice of liver. Put baking pan underneath the gas flame of the oven (broiling oven). Let broil slowly until nicely brown. Then serve. To maintain tender juiciness, do not over-cook.

LAMB'S LIVER HAMBURGER STEAK

Preparation Time: 15 minutes

Cooking Time: 20-25 minutes

Serves: 8

Ingredients

1 lamb's liver, passed through meat chopper

1 pound beef round steak, passed through meat chopper

2 onions, peeled, sliced

4 tomatoes, sliced

2 tablespoons butter

Seasonings to taste

Instructions

Mix lamb's liver with the beef and seasonings. Shape ground round steak in the form of a cake. Put in buttered frying pan. Cover with onions and tomatoes. Put a few pieces of butter on top. Place frying pan in hot oven and let cook for 20 to 25 minutes. Then serve.

BATTERED LAMB FRIES

Preparation Time: 5 minutes

Cooking Time: 10-15 minutes

Serves: 2

Ingredients

1 lb. of lamb fries

1 tsp. flour

Pinch of salt and pepper

1 egg, well beaten

1 Tb. catsup

Half cup of mushrooms or chopped onion

3 oz. oil

Instructions

Take a pound or a pound and a half of lamb's fries. Wash thoroughly in cold water, then set them in a saucepan, cover with cold water, and let them boil for three or four minutes. Take them out, drain, and dry with a cloth. Mix a teaspoon of flour very smoothly with a little cold water, and add to it a small pinch of salt and pepper, 6 teaspoons of water, and a well-beaten egg. Dip each piece of fry into this mixture, then fry it in 3 ounces of oil until it is brightly browned on both sides, without being at burnt. Mix a tablespoon of flour very smoothly, with the fat in the frying-pan, until it is lightly browned. Add sufficient boiling water to bring it to the thickness of cream with a tablespoon of catsup and a little browning, if necessary. A few mushrooms, or a little chopped onion, may be added, if desired. (If preferred, the fry may be cooked without the batter or beaten egg, and bread crumbs may be substituted for them.)

LAMB FRIES WITH POTATOES

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Serves: 2

Ingredients

1 tsp. oil

1 lb. of lamb fries, cut into thin strips

4 stripes of bacon, chopped

1 onion, sliced

2 large potatoes, peeled and thinly sliced

4 tsp. gravy powder mixed with 1 c. water

salt and pepper to taste

1 tbs. chopped parsley

Instructions

Heat the oil in a large frying pan. Add lambs fry, bacon and onion. Cook for 3 to 4 minutes until fry is browned. Remove from fry-pan and reserve. Place a layer of potatoes in the bottom of the pan, cover with the fry, onion and bacon. Finish with a layer of potatoes, Pour over gravy and seasonings. Cover with a tight-fitting lid or foil and cook over a low heat, for 30 minutes or until potatoes are tender. Sprinkle chopped parsley over the dish before serving.

GLAZED LAMB FRIES

Preparation Time: 5 minutes

Cooking Time: 10-15 minutes

Serves: 8-10

Ingredients

2 doz. lambs fries

1 c. chopped ham and bacon

1 clove garlic

Bay leaf, herbs and spices

3 oz. butter

flour

stock

Instructions

Prepare fry for recipe by blanching and stripping outer membrane off. Pat dry and cut into thin slices. Lard each piece with bacon and ham, and roll it in chopped herbs and a pinch of pounded spice. Dip it in flour and braise in good stock, to which add three ounces of butter, some bits of bacon, ham, a bay leaf, herbs, and a clove of garlic with two cuts. Cook until the fry is well glazed over, and serve.

DONBALAAN

(PERSIAN LAMB FRIES)

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

Ingredients

4 sheep testicles

2 medium eggs

1 cup bread crumbs

cooking oil

2 tbs. parsley

salt & black pepper

Instructions

Wash testicles and cut length-wise along the middle. Remove the skin, and cut each part length-wise into two slices. Sprinkle some salt and black pepper on both sides of each slice. Add salt and black pepper to eggs and mix well. Dip each slice on both sides in bread crumbs, then in eggs, and again in bread crumbs. Fry each slice in pre-heated oil on one side for a few minutes until color changes, Turn over and fry on the other side again until color changes. Serve with chopped parsley.

GRILLED KIDNEYS

Preparation Time: 35 minutes

Cooking Time: 10 minutes

Serves: 4

Ingredients

8 lamb kidneys

1/2 cup olive oil

1/2 tsp salt

Ground fresh pepper
1 tsp. fresh thyme leaves
1/2 tsp. dry mustard
1/8 tsp. mace
4 Tbs. butter
Dash Tabasco
1 Tbs. Worcestershire sauce
Dash cayenne pepper
Juice from one lemon

Instructions

Remove skin and fat from kidneys, split, then marinate for at least thirty minutes in the oil, salt, pepper, thyme, mustard, and mace. Preheat broiler. Broil kidneys for five minutes. (Put them on skewers for ease of handling). Turn kidneys and brush with a mixture of melted butter, Tabasco and Worcestershire sauce, cayenne pepper, and lemon juice. Broil for three more minutes, brush again with butter mixture and remove to hot platter. Make a sauce of pan drippings and remaining butter mixture, whisking to deglaze pan. Pour over the kidneys and serve.

KIDNEY AND LIVER PATE

Preparation Time: 8 hours

Cooking Time: 2 hours

Serves: 4

Ingredients

4 lamb kidneys

2 lamb livers

3 onions

3/4 bulb garlic

1 tbs. black pepper corns

Dried mustard

1/4 tsp. sage

1/4 tsp. thyme

Olive oil

Instructions

Preheat oven to 275°. Peel the little membranes off the kidneys and slice kidney. Lightly sauté the liver and kidneys in olive oil until barely done. Remove the meat from the pan and pat dry with paper towels. Grind spices in blender or processor. Purée the onions and garlic in the blender or processor with the spices. Pour off into a sieve to drain. Purée the meats in the blender or processor with the onions, garlic, and spices. Oil bread pan. Pour the meat mixture into the bread pan and smooth the surface. Cover with aluminum foil and set a pan in water about an inch high up the side of the pan. Bake at 275° for 2 hours or until a knife comes out almost clean. Remove from the oven and chill over night, leaving the foil on. The next day invert on serving plate.