

Recipe 724

Ingredients

Sheep kidneys, pepper and salt to taste.

Method

Ascertain that the kidneys are fresh, and cut them open very evenly, lengthwise, down to the root, for should one half be thicker than the other, one would be underdone whilst the other would be dried, but do not separate them; skin them, and pass a skewer under the white part of each half to keep them flat, and broil over a nice clear fire, placing the inside downwards; turn them when done enough on one side, and cook them on the other. Remove the skewers, place the kidneys on a very hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of each; serve very hot and quickly, and send very hot plates to table.

Source: Mrs Beeton's Book of Household Management (1861)

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