



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Kidney Sautee With Mushroom

Mantarlı Böbrek Sote



1.10 lbs sheep kidney
1 onion
4 tbsp vegetable oil
3 long green peppers
1 tbsp flour
8.8 ounces mushroom
1 tomato
7-8 stems of parsley
1 tsp salt
1/2 tsp black pepper

- # Wash the kidneys, cut the each kidney into two pieces, and clean its veins and fats.
- # Chop the kidneys into the pieces which have 1 finger thicknesses.
- # Peel the onion, clean the seeds of peppers, and slice.
- # Make the oil red-hot in a pot and add chopped kidneys in it and fry. Drain its oil and put on a plate.
- # Roast the pepper and flour with the same oil. Add 1 cup water and cook for 5 minutes.
- # Add chopped into a few pieces mushrooms and grated tomato, and cook over medium heat for 20 minutes.
- # Add the kidneys which we prepared before and finely sliced parsleys and stir. Sprinkle salt, black pepper and turn off the stove 1 minute later.
- # Place on the service plate and sprinkle finely sliced parsleys on it.

Note: You can use liver instead of kidney.