

Coota's Best Lamb's Fry & Bacon

The legendary traditional recipe done exactly right

PREP TIME
2 Hours (Soak)

COOK TIME
20 Mins

SERVINGS
2–3 People

DIFFICULTY
Easy Traditional

Ingredients

Lamb's Fry

1 whole fresh liver

Bacon

4 thick strips (rashers), sliced

Brown Onions

2 large, evenly sliced

Chicken Stock

500 ml

Gravy Granules

Small amount, to thicken

Plain Flour

For dusting the meat

Soaking Liquid

Water & a pinch of salt

Method

1

SOAK & PREP

Soak the lamb's fry in lightly salted water for 2 hours. Peel the skin from the lamb's fry and slice it into thin strips.

2

DUST & BROWN

Lightly flour the meat and brown it in a frypan. Once browned, remove the lamb's fry from the heat and set aside.

3

FRY AROMATICS

Slice 2 large brown onions and 4 strips of bacon. Fry them in the exact same pan that the lamb's fry was cooked in until the onions are completely translucent.

4

REDUCE & THICKEN

Add 500ml of chicken stock to the pan and let it simmer until reduced. Add a small amount of gravy granules until the gravy is reasonably thick.

5

COMBINE & SERVE

Place the meat back into the thick gravy to warm through completely.

The Chef's Guarantee

Sit back and enjoy the best lamb's fry and bacon you have ever eaten. If you have

done everything correctly, you will have the