

Veal Kidneys In Red-Wine Sauce

By Pierre Franey

YIELD 4 servings

TIME 35 minutes

INGREDIENTS

**2 kidneys, about 1 pound each,
without external surface fat**

¾ pound mushrooms

5 tablespoons butter

**3 tablespoons finely chopped
shallots**

1 tablespoon flour

1 cup dry red wine

½ cup fresh or canned beef broth

1 tablespoon tomato paste

**2 tablespoons corn, peanut or
vegetable oil**

Salt to taste if desired

Freshly ground pepper to taste

**2 tablespoons finely chopped
parsley**

PREPARATION

Step 1

Cut each kidney crosswise into quarters. Cut away and discard most but not all of the firm interior white fat or core of each kidney. Cut the kidneys into bite-size cubes and set aside.

Step 2

Cut the mushrooms into bite-size pieces. There should be about 4 cups.

Step 3

Heat 1 tablespoon of the butter in a saucepan, and add the mushrooms. Cook, stirring, until the mushrooms give up their liquid. Continue cooking until the liquid evaporates. Add 1 tablespoon of the shallots and the flour, and cook briefly, stirring. Add the wine, beef broth and tomato paste, and cook over high heat about 5 minutes or until reduced to 2 cups.

Step 4

Meanwhile, heat 1 tablespoon of the oil in a wide, heavy skillet, and add half of the kidney pieces. Cook, shaking the skillet and stirring often, about 1 1/2 minutes. Line a mixing bowl with a sieve, and pour the kidneys into the sieve to drain.

Step 5

Heat the remaining 1 tablespoon oil in the skillet, and add the remaining kidney pieces. Cook about 1 1/2 minutes and drain, as above.

Step 6

Heat 1 tablespoon of the butter in a casserole, and add the remaining 2 tablespoons of shallots. Cook briefly, and add the mushrooms in red-wine sauce, the kidneys, salt and pepper, and swirl in the remaining 3 tablespoons of butter. Serve sprinkled with parsley.

PRIVATE NOTES