



## Kidney Soup

(makes 4 servings)

*I can clearly recall the first time my Mum made and served this soup at the family dinner table. Fortunately, I didn't ask what it was as I may not have devoured it with such relish if I had known and would probably have done the "I don't like kidneys" thing! I have been making this soup ever since I could chop an onion and have lost count of the number of people who profess to hate offal but love this soup. The recipe has been a bit of a secret until now (sorry Mum!)*

### Ingredients

- 2 tablespoons oil
- 1 onion, peeled and finely chopped
- 1 carrot, peeled and diced
- 1 small piece turnip/swede, peeled and diced
- 250g boiling beef on the bone (no need to be exact)
- 1 litre beef stock or 500ml beef stock and 500ml water
- 1 ox kidney, fat removed chopped into bite-sized chunks (kitchen scissors are great for this)
- 1 heaped tablespoon flour or cornflour
- 1 heaped teaspoon salt
- 1 heaped teaspoon ground white pepper
- 1 heaped teaspoon English mustard powder
- 2 tablespoons butter (oil is ok but butter is the business here!)

### Method

Warm 1 tablespoon of the oil in a soup pot and sauté the onion, carrot and turnip/swede until soft and just caramelised around the edges.

In another pan, warm the other tablespoon of oil, turn up the heat and quickly brown the boiling beef on all sides then turn off the heat. Transfer the beef to the pot with the vegetable mix, add as much beef stock/water as is required to cover the whole lot, bring to the boil then reduce the heat to very low, cover and simmer for around 2 hours.

Meanwhile, mix the flour/cornflour, salt, pepper and mustard in a plastic bag, add the kidney, close the top of the bag, shake until the kidney chunks are well coated then remove to a plate, leaving the floury mix in the bag.

In a small sauté pan, melt the butter (don't let it brown), add the kidney pieces and stir to coat, increase the temperature and whilst stirring constantly, cook them very quickly until they have a crispy edge but are still a little pink and juicy within. Drain on kitchen paper, transfer to a bowl, cover and set aside until later.

After 2 hours, take the beef out of the soup pot, remove all the fat, shred the beef and set aside. Transfer the soup to a liquidiser or food processor and blitz until smooth (you may have to do this in batches).

After the last batch is smooth, add the beef and give it a few quick blasts to incorporate but not break up the beef too much. Transfer the whole lot to a clean soup pot and reheat, stirring occasionally.

Just before serving, add the kidney pieces, season to taste and keep the soup on a low heat until heated right through. As per the photograph, you can also blitz everything (including most of the kidneys) until you have a very smooth, silky texture, quickly reheat the remaining kidneys and top each cup/bowl with a few. You can also give it a 'designer element' by sprinkling very finely chopped parsley leaves around the place.