

## Lambs Fry and Bacon

(serves 4)



### **Ingredients:**

1 lamb's liver  
8 rinds of bacon  
1 brown onion  
50 ml olive oil  
1 teaspoon of vegemite  
Salt and pepper

Milk  
3 ripe tomatoes  
1 tbs butter  
1 cup plain flour  
1/3 cup gravy powder

### **Method**

Trim the liver from the gristle. Thinly slice the liver on an angle approx 1cm to 2 cm thick. Once all the liver is cut, soak in milk for 1 hour. This will draw out some of the blood and better the taste of the liver. While the liver is soaking, cut up the onions roughly, core and chop the tomatoes roughly. Once the liver has finished soaking, drain well. Place flour into a tray ready to coat the liver. Heat up a pan with the oil to medium/high heat. Flour the liver. Add the butter to the oil and once melted add the liver. Brown well on both sides and remove. Once all liver is cooked, keep the pan on heat and fry off the onions and tomato. Remove and place in a microwavable dish. Put pan back on heat and add 600 mls water. Bring to the boil. This will make a stock for the gravy. Add the vegemite once the heat has come to the boil. Mix around till the vegemite is dissolved. Mix a little water with the gravy powder, just enough to combine to a little paste. Slowly add to the stock to thicken and turn down to simmer. Place the meat into the gravy and simmer for 10 minutes. Remove from the heat. Place the liver onto 4 plates and spoon gravy over each. Reheat the tomato and onion and place on top of liver and gravy. Serve with eggs and toast.