

Brain Cutlets



Ingredients

200 g	Bread Crumbs
2	Eggs**
	Equal quantity of Milk**
500g	Lamb Brain
	Oil for shallow frying
	Olive oil or Cooking oil Spray Can
20	Parsley Stems
	Pepper & Salt to taste
125 g	Plain Flour

Method

Soak the Lamb Brains in water for an hour. Drain and cook in 2 cups water, Parsley stems, uncut for flavour only, Pepper and Salt to taste. When cooked (approximately 5 minutes) and drain.

Cut into required number of portions, dip in Flour, Egg Wash (Beaten eggs mixed with Milk) and coat with the Bread Crumbs. Shallow fry both sides in a flat pan until golden brown, drain on paper towels.

Serve with lemon wedges or a bed of Salad

Enjoy.