



## **BOOST YOUR IRON FOR BETTER PERFORMANCE**

Athletes must keep up their iron levels to maximise performance. Severe iron deficiency causes anaemia with symptoms such as fatigue, headaches, breathlessness and cramp. Recent evidence indicates well before this happens, iron deficiency can reduce sporting performance. Iron is readily available and absorbed from meat. Some of the best sources of iron are liver and kidneys.

These quick and nutritious recipes will provide you with added incentive to maintain your iron intake.

### **CRUMBED LIVER AND BACON**

#### ***Ingredients:***

150-200g piece of lamb's liver  
About ¼ cup milk  
1 large garlic clove, crushed  
About ½ cup dry breadcrumbs  
1-2 Tbsp oil  
1 Tbsp butter  
2-4 rashers bacon

#### ***Cooking Instructions:***

- Skin, trim then slice liver.
- Spread in a thin layer on a plate.
- Add milk and garlic and leave to stand for about 10 minutes.
- Lift out liver slices and coat in breadcrumbs.
- Heat oil and butter in a frying pan and cook bacon on moderate heat. Remove and keep warm.
- Fry liver slices in a single layer, turning to lightly brown each side. Remove, drain on kitchen paper and serve with bacon.

**Serves 2**

### **RISOTTO-STYLE KIDNEYS**

Cook the rice first so it is drained and dry. You will need about  $\frac{2}{3}$  cup of raw long-grain rice for  $2\frac{1}{2}$  cups cooked.

#### ***Ingredients:***

12 lamb kidneys  
1 Tbsp butter or margarine  
1 medium onion, finely chopped  
 $\frac{1}{2}$  tsp finely chopped fresh thyme (or  $\frac{1}{4}$  tsp dried)  
1 tsp sugar  
Freshly ground pepper  
1 tsp mustard  
1 Tbsp flour  
420g can peeled tomatoes in juice  
1 bay leaf  
 $2\frac{1}{2}$  cups cooked, drained rice  
Salt

#### ***Cooking Instructions:***

- Skin, halve and core kidneys. Rinse thoroughly with cold water then drain.
- Melt butter or margarine in a frying pan and cook onion on low heat with thyme, sugar and pepper for about 10 minutes.
- Slice kidneys as thinly as possible. Increase heat slightly and add kidneys to pan. Cook, stirring for 2 minutes.
- Sprinkle in mustard and flour and stir well. Add tomatoes and juice with bay leaf. Cook gently for 3-5 minutes. Stir in rice and heat.
- Taste and add salt if needed.
- Sprinkle with parsley. Serve hot with grilled bacon or a selection of vegetables.

**Serves 4**

**beef + lamb new zealand inc.**

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