

# Pork Kidneys with Mustard Cream Sauce

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/pig-kidney-recipe-chinese>

## Ingredients:

- 4 pork kidneys soaked overnight in cold water
- 1 onion large, peeled and chopped
- 1 clove garlic crushed
- 2 ounces lard
- 1/4 pint stock or water
- 1/4 pint cider
- 5 1/2 teaspoons mustard powder English
- 5 1/2 teaspoons Dijon mustard
- 1 pinch thyme
- 2 tablespoons cream
- 1 teaspoon plain flour
- 1 pinch cayenne pepper
- salt
- black pepper

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 765 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 41 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Pork Kidneys with Mustard Cream Sauce above. You can see more 18 pig kidney recipe chinese Delight in these amazing recipes! to get more great cooking ideas.