

## BRAIN CUTLETS

---

(Sabina)

### **Ingredients**

4 calf's brains

Wash and quick boil the brains in water for a minute or so. Strain and run under the cold water tap. Remove any membrane and tiny bones. Keep the brain whole.

### **Make a paste of the following ingredients:**

1tsp chilli powder

¼ tsp ginger powder

¼ tsp garlic powder

½ tsp cinnamon powder

1 tsp salt

1 tsp crushed dried parsley leaves or mint and coriander

1 tbsp vinegar or Lemon juice

1 egg beaten

Breadcrumbs

### **Method:**

- ❖ Coat each brain with the masala paste and let it marinate for ten minutes.
- ❖ Beat the egg well - pour over the marinated brains. Gently mix each brain in the egg wash and toss in the breadcrumbs. Coat well.
- ❖ Fry in medium hot oil for 3 mins. Turn and fry the other side.
- ❖ Drain on paper towels.