

Skewered hearts

Cuisine: **Other**
Food category: **Beef**




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Company: Retigo





Program steps


1


 Hot air


 100 %

 Termination by time

 01:30 mm:ss


 260 °C


 100 %





2


turn over the skewers


 Hot air


 100 %

 Termination by time

 01:30 mm:ss

 160 °C

 100 %



Ingredients - number of portions - 8		
Name	Value	Unit
beef heart	1	kg
red wine vinegar	200	ml
ground caraway	10	g
freshly ground black pepper, ground	4	g
salt	3	g
garlic cloves, finely chopped	4	pcs
sprig of parsley	5	g
Coriander leaves, finely chopped	5	g
chili pepper	3	pcs
extra virgin olive oil	200	ml
corn on the cob	4	pcs
potatoes	8	pcs

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	154.2 kJ
Carbohydrate	1.1 g
Fat	6.6 g
Protein	21.7 g
Water	0 g

Directions

- *bamboo skewers, soaked in water-24pcs
- Blend 100ml of the evoo together with the chilies, garlic and vinegar into a paste.
 - Rub the paste onto the heart pieces and chill. Marinate for 30 minutes.
 - Insert the Teflon grill tray in the oven and set on dry heat at 280°C.
 - Mount the diced hearts on your skewers, about four or five per piece.
 - Reserve the marinade for basting.
 - Grill for 90 seconds on each side, basting as you quickly turn the skewers.
 - Meanwhile, also grill the corn and cooked potatoes, and baste as you go along.
 - Serve.

Recommended accessories



Vision Express Grill