

# 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

## Directions

\*bamboo skewers, soaked in water-24pcs

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

## 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

## Recommended accessories



Vision Express Grill