

Skewered hearts

Cuisine: **Other**Food category: **Beef**Author: **Jaroslav Mikoška**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

- 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.

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