



**From a very unpromising 60p worth of Yellow Sticker Lamb hearts we created a meal which we'd had happily paid good money for in a restaurant. Restaurants, remember them?!**

I'll break this recipe into sections. It looks complicated but it's not really and cheap as chips?.

### **Stuffing ingredients:-**

1 Onion, finely diced  
2 Cloves of Garlic, minced  
50g of Mushrooms, sliced  
4 Sausages, de-skinned  
1 Egg, beaten  
Chopped Parsley  
Salt & Pepper  
Margarine to fry

### **Sauce ingredients:-**

25g Margarine  
1 Onion, finely diced  
2 Cloves of Garlic, minced  
1 Tbsp Plain Four (Gluten free for us)  
1 Tin of chopped Tomatoes  
75ml cheap Red Wine  
175ml Beef Stock

Salt & Pepper

**Main ingredients:-**

4 Lamb Hearts

8 Rashers of Streaky Bacon

Margarine to fry

**Method:-**

- (1) Get the grizzly bit out of the way first. With a sharp knife cut the unpromising pipes and walls out of the Hearts. You want a large open pocket to get the stuffing into.
- (2) For the stuffing fry the Onion and then add the minced Garlic and fry until softened.
- (3) Add the sliced mushrooms, Parsley and season with Salt & Pepper.
- (4) Fry over a low heat until the Mushrooms have softened.
- (5) Set aside to cool.
- (6) Once cooled mix all the stuffing ingredients in a bowl.
- (7) Stuff the Hearts with the resulting mixture.
- (8) Wrap in the Streaky Bacon.
- (9) Fry on all sides to seal in the taste and set aside on kitchen paper to drain.
- (10) For the sauce fry the Onion and then add the minced Garlic and fry until softened.
- (11) Stir in the Flour and stir to make a paste.
- (12) Add the chopped Tomatoes, Stock and Red Wine.
- (13) Allow to simmer for 20 minutes.
- (14) Pour about half of the sauce into a casserole dish and add the Hearts.
- (15) Place in a pre heated oven at 160c, cover and braise for 2 to 2 ½ hours until the Hearts are tender.
- (16) The remaining sauce you have in the pan can now be gently heated and wuzzed until smooth.
- (17) When you have prepared the vegetables you are serving with slice the stuffed hearts and spoon the sauce over the top.

**We had mashed Potatoes with Wholegrain Mustard as the base and crispy fried Kale with Sea Salt and Cumin seeds around the edge.**

