



Personally I never used to be a fan of offal. But these had a yellow sticker on them, so we thought we'd give them a shot. The following day there were 8 more in the discount fridge which are now in our freezer. I think that explains if we enjoyed them?..

Ingredients:-

4 Lamb Hearts
1 Large Onion, finely diced
4 Cloves of Garlic, minced
A handful of fresh Parsley, finely chopped
4 sprigs of Thyme, leaves only, chopped
1 Tsp of dried Sage
100g of Lamb Mince
25g of Breadcrumbs (Gluten free for us)
16 Rashers of Streaky Bacon
1 Tin of chopped Tomatoes, blitzed
200ml of Red Wine
2 Tbsp of Balsamic Vinegar
1 Tsp of Mixed Herbs
Oil to fry
Salt & Pepper to season

Method:-

(1) Add a little Oil to a frying pan over a medium heat.

- (2) Add ½ of the Onion and ½ of the Garlic & fry until softened.
- (3) Remove from the heat and set aside to cool.
- (4) To the pan add the Parsley, Thyme, Sage, Lamb Mince and season with Salt & Pepper.
- (5) Add the Breadcrumbs to the cooled Onions and Garlic & mix well.
- (6) Mix this in with the Minced Lamb mixture.
- (7) Cut the top of the Hearts so that you can see inside.
- (8) Stuff the combined Mince mixture until the heart cavities.
- (9) Wrap with the Bacon so they are completely covered.
- (10) Heat a little Oil in a Dutch Oven or flameproof casserole dish over a medium heat.
- (11) Fry the Hearts to sear on all sides.
- (12) Remove and set aside.
- (13) Add the remaining Onions and Garlic & fry until softened.
- (14) Add a splash of Red Wine to de-glaze the pan.
- (15) Add the remaining Wine, Blitzed Tomatoes, Balsamic Vinegar and mixed Herbs.
- (16) Stir well and then return the Hearts.
- (17) Cover with the lid and place in a preheated oven at 150c for 2 ½ hours.
- (18) Remove from the oven and set the Hearts aside to keep warm.
- (19) Place the Dutch Oven on the hob and reduce the sauce.
- (20) Slice the Hearts and serve with the sauce and your choice of vegetables.
- (21) Drizzle with Chimichurri Sauce to garnish.

If we'd been served these in a restaurant and didn't know what they were, we'd never have guessed that they were Hearts. They were really good!