

# Anticuchos (Beef Heart Skewers)

*From Jose Calvo Perez of Fresca in San Francisco.*

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## INGREDIENTS:

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|---|---|
| <input type="checkbox"/> 1 ½ pounds beef heart  | chopped fine  |
| <input type="checkbox"/> 3 cloves garlic, minced  | <input type="checkbox"/> 1 teaspoon salt  |
| <input type="checkbox"/> 4 tablespoons aji panca paste<br>(available in many Latin food stores) | <input type="checkbox"/> 1 teaspoon freshly ground black pepper                                 |
| <input type="checkbox"/> ½ cup red wine vinegar   | <input type="checkbox"/> ½ cup olive oil  |
| <input type="checkbox"/> 1 teaspoon ground cumin  | <input type="checkbox"/> 8-10 bamboo skewers,<br>soaked in water 30 minutes<br>prior to cooking |
| <input type="checkbox"/> ½ teaspoon fresh oregano,  |   |
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**INSTRUCTIONS:** Trim heart of any remaining fat and sinew; cut into 1-inch cubes. Combine remaining ingredients except olive oil in a mixing bowl and stir to blend. Slowly whisk in olive oil. Add heart cubes and mix to coat; cover and refrigerate for 1 day before cooking. Heat a grill or a grill pan. Thread 3-4 cubes onto each skewer and grill, turning often, until meat is caramelized and firm, about 5-6 minutes over high heat.

Yields 8-10 skewers

*The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Variables include the type of food, marinating time and amount of surface area. Therefore, this recipe contains no analysis.*