

Anticuchos (Beef Heart Skewers)

From Jose Calvo Perez of Fresca in San Francisco.

INGREDIENTS:

- 1 1/2 pounds beef heart
- 3 cloves garlic, minced
- 4 tablespoons aji panca paste
(available in many Latin food stores)
- 1/2 cup red wine vinegar
- 1 teaspoon ground cumin
- 1/2 teaspoon fresh oregano,

chopped fine

- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup olive oil
- 8-10 bamboo skewers, soaked in water 30 minutes prior to cooking

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.