PERUVIAN · LUNCH · DINNER

Anticuchos de Corazon (Peruvian Beef Heart Skewers)

Anticuchos de corazón

30 min · plus 4 hours to overnight marinating · Serves 3 · 237 kcal a serve

Video 5:22 in Spanish · Abelca

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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Beef heart is lean and high in protein: about 37 g protein and 4 g net carbs a serve, more than five days' vitamin B12 and rich in iron and selenium, marinated in chilli, garlic and vinegar.

Diet notes: Low carb (4.3 g net carbs) but not keto: 23% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.8 g, 7% of the energy).

Ingredients 9 · SERVES 3

- [ ] 500 g **beef heart**, trimmed and cut into bite-sized pieces
- [ ] 120 g **ají especial paste** (dried ají panca chillies simmered in water and blended)
- [ ] 2 tbsp **ground garlic paste** (ajo molido)
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **dried oregano**, rubbed between your palms
- [ ] 2 **bay leaves**
- [ ] 2 pinches **freshly ground black pepper**
- [ ] **Vinegar**: 7 tbsp red or white wine vinegar
- [ ] **salt** to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the fat and sinew off the beef heart, then cut the clean meat into small, even pieces for the skewers. 0:12
2. Make the marinade: in a bowl mix the ají paste with salt, cumin, garlic paste, black pepper and oregano rubbed between your palms. Stir in the vinegar and bay leaves, taste and adjust the salt. 0:32
3. Pour the marinade over the heart, mix well, cover and refrigerate for at least 4 hours, or better overnight. 2:05
4. Thread 3–4 pieces of marinated heart onto each bamboo skewer. 3:40
5. Cook the skewers on a very hot ridged grill pan (or a charcoal grill), turning them, until browned on all sides, a few minutes a side. 4:05

> **Tip** Serves 3 (our estimate: 3 skewers each). The cook plates them with mushrooms and snow peas tossed in olive oil, garlic and oregano and grilled, plus small boiled potatoes in their skins; potatoes and corn are the usual street sides.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
237 kcal	**37** g	**5.7** g	**1.4** g	**6.2** g	**470** mg
990 kJ	73% of a day	4.3 g net · 1.9 g sugars	5% of a day	1.8 g saturated	20% of a day
		2% of a day		8% of a day	

Energy from net carbs 8% · protein 67% · fat 25% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 563% · Selenium 90% · Vitamin C 55% · Iron 48% · Zinc 34% · Vitamin B6 32%

Source of (10–19%) Vitamin E 12%

Recipe and video: Abelca (@AbelCa9p) on YouTube — youtube.com/watch?v=VdncHbR6-yk, published 31 March 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/anticuchos-de-corazon