

Mason Hill Cattle Recipe

WAGYU HEART KEBABS



**TIME TO
PREPARE**

25 minutes



COOK TIME

6 minutes



SERVING

4 People



PREPARED BY

BLUESMOKE
BLAIRE BBQ

Ingredients

1	Wagyu Beef Heart
1/2 Cup	Squeezed Lemon Juice
2 TBS	Red Wine
1/4 Cup	Chopped Parsley
3 TBS	Chopped Garlic
2 TBS	Oregano
1/2 Cup	Olive Oil
1 TSP	Salt & Pepper

Steps to Cook

1) Whisk together the olive oil, red wine vinegar, lemon juice, parsley, oregano, garlic, cumin, salt and pepper. Pour into a ziploc bag.

2) Place cubed heart pieces into the ziploc bag and let rest for 15 minutes.

3) Heat a cast iron pot with oil to medium-high heat.

1 TSP	<i>Cumin</i>

4) Sear kebab meat for 6 minutes, turning the meat every 2 minutes, so they cook evenly, until the steak reaches an internal temperature of 150 degrees. Use the remaining marinade to brush on the kabobs as you cook.

5) Place cooked kebab meat onto skewers. Garnish with oil and chopped parsley.