



# Lamb Heart Stuffed with Lemon & Parsley

A delicious dish made with a steaky cut that won't break the bank

Serves: 4

Prepare: 15 Minutes

Cook: 2 Hours 30 Minutes

Difficulty: medium

## Ingredients

- 2 organic [lamb hearts](#)
- 4 rashers [streaky bacon](#)

### For The Stuffing

- 100g organic [sausage meat](#)
- 1 diced onion
- 30g white breadcrumbs
- juice of a lemon
- handful of parsley, finely chopped
- 1 garlic clove, crushed
- olive oil for frying
- salt and pepper to season

### For The Braising Liquid

- 300ml red wine
- a handful each of parsley, thyme and bay, finely chopped
- 1 celery stick, finely diced
- 1 onion, finely diced
- 1 carrot, finely diced
- 100ml of balsamic vinegar

## Method

1. Pre-heat the oven to 160°C fan
2. Add a splash of olive oil to a hot frying pan then throw in the onion and cook until just soft before adding the garlic and cooking for a minute or so more. Once cooked, remove from the hob to cool
3. Combine the sausage meat, parsley, salt, pepper, breadcrumbs and lemon in a large mixing bowl. Add the onion and garlic and mix well
4. Dry the lamb hearts with kitchen paper then stuff the sausage mixture into the cavities, packing it in firmly
5. Wrap the streaky bacon around the hearts, ensuring they're fully covered. You can secure the parcels with butcher's string if you like. Set aside
6. Heat an ovenproof dish on the hob, splashing in some oil and, when it's shimmering, add the onion, carrot and celery, cook gently until they're soft
7. Take the frying pan you cooked the onion in and heat it with a drizzle of oil. Sear the hearts in the hot oil, browning each side in turn. When they're done, pop them on top of veg in the ovenproof dish and sprinkle over the thyme, parsley and bay
8. Deglaze the frying pan with a splash of the red wine to catch all the oniony and lamby flavours. Tip the deglazed juices over the hearts then top up the casserole with the rest of the wine. Put a lid on the dish and place it in the oven to cook for 2 hours
9. When the cooking time is almost up, heat a clean frying pan then add the balsamic vinegar, cook until it gently until it reduces to a syrup. Set aside
10. After 2 hours of cooking, remove the hearts from the dish, wrap them in foil and let them rest while you finish up
11. Sieve the cooking liquor into a saucepan, squeezing the

veg to extract as much flavour as possible before discarding them. Stir the balsamic vinegar through the red wine. If there's a fatty layer on top of the liquid, skim it off with a spoon. Place the saucepan on the hob and bubble to reduce the liquid by half

12. Slice the hearts thickly and serve with rich, creamy mash, seasonal vegetables and a good drizzle of the red-wine sauce