



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Grilled Offal Mixture

Karışık Sakatat Izgarası



1.10 pounds sheep liver  
2 sheep kidneys  
1 sheep heart  
1 sheep spleen  
2 tomatoes  
4 banana peppers  
1 onion  
1 tsp salt

# Peel the liver and the spleen carefully, and cut into pen sized pieces, remove the fat and the vessels of the heart and cut it into 2 pieces, peel the kidneys also, and slit it into 2 pieces.

# Place the prepared offal pieces on the grill, just 1 floor.

# When the both sides of the offal pieces get cooked, place the tomato which is cut into 2 pieces, onion which is cut into 4 pieces and the peppers over the grill.

# When the down sides of the vegetables get cooked reverse them on the offal pieces again and cook the other sides. Drizzle salt all over.

# Serve hot, allocate the vegetables to the plates.

Note: This recipe is for 4 portions. You can cook it with calf offal instead of sheep offal. In that case the measures will change.