



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

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.