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**Offering Peruvian cuisine,
one of the most diverse in
the world!**

Anticuchos

The anticuchos is a very popular (and inexpensive!) dish in Perú. The most known type is made with little pieces of cow heart, and it's usually served with boiled potatoes, corn and some types of aji sauces.

Ingredients for marinade:

- 2 cloves of garlic, ground
- 1/4 cup of ground [aji panca](#)
- 3/4 cup of vinegar
- 1/2 teaspoon of salt
- Pepper
- Cumin

Ingredients for anticuchos:

- 1 cow heart, cleaned and without fat
- Salt
- Vegetable oil
- [Yellow chili/pepper](#), ground
- Skewers.

Preparation:

Sauce for marinade: Mix all the ingredients (complicated, huh?)

Anticuchos: Cut the cow heart in pieces of 2.5 – 3 cm (1 – 1.2 inches). Put them in a bowl and add the sauce. Marinate 12 hours (patience... the good things sometimes aren't fast).

Put 3 pieces in each skewer.

Heat the grill and put the skewers. You can keep them wet adding a mix of oil with ground [yellow chili/pepper](#). Turn and cook.

Serve. Usually, the portion is two skewers per person plus a boiled potato, a piece of corn and a sauce of aji if you like it spicy.

If you can't get a cow heart, prepare it with tenderloin. And if you want to have a wine in the table, we recommend a cabernet-sauvignon.

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