



STUDED HEART

INGREDIENTS

12 cloves
1 egg white
1 pork heart, about 300 g

PICKLE SYRUP

100 ml water
50 ml white wine
25 g sugar
10 g salt
2 cloves
1 bay leaf
4 g dry turmeric

STUFFING

1 shallot
150 g white liver
1 sausage
150 g minced meat
1 garlic clove
olive oil
salt and pepper
1 pointed cabbage
1 turnip
Dashi

CHEF **HUGO BRITO**

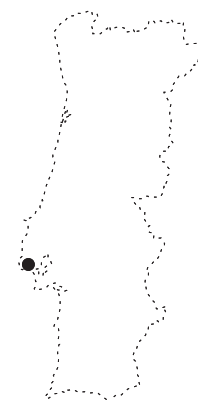
PLACE **LISBOA**

REGION **LISBOA**

RECIPE INSPIRED ON THE TEACHINGS
OF **ALFREDO SARAMAGO**

OLIVE OIL **CORDOVIL**

WINE **MURÇAS MARGEM 2015**



Madeira

Açores



PREPARATION

Thoroughly clean a pork heart and make a cavity using the tip of a knife.

Boil in water seasoned with salt and white wine.

Prepare a minced meat stuffing and fill the heart's cavity.

Smooth it out with an egg white and place several cloves on top of the mince.

Bake in the oven.

Serve with boiled turnips seasoned with pepper.

PICKLE SYRUP

Combine all the ingredients and bring them to a boil, until the sugar and salt dissolve. While it's still hot, add the turnip, sliced in circles of 2 cm diameter and 2 mm thick. Allow it to cool in the syrup and chill.

Slice the cabbage into circles of 12 cm diameter, and blanch it in Dashi. Chill it immediately.

STUFFING

Chop the shallot and the garlic into a very thin brunoise and sauté in very hot olive oil until golden.

Add the mashed sausage, then the livers.

Sauté them until they are medium rare and grind them until you get an homogeneous paste.

Sauté the minced meat, and season with salt and pepper.

Remove from the heat and add the liver paste previously prepared.

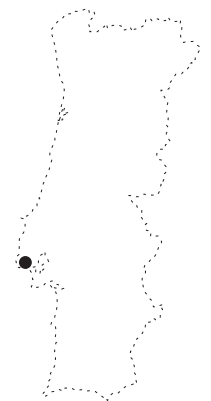
Stuff the heart, boiled in the meantime, with this preparation.

Brush with the egg white, and place 12 cloves on top of the mince.

Cook in the oven at 200 degrees Celsius for about 15 minutes.

Plate on two cabbage leaves.

Enjoy.



Madeira



Açores

