



Kokoretsi

50'

Hands on

240'

Cook Time

13-15

Portion(s)

2

Difficulty



Method

- Firstly, we have to wash the lamb intestines very well. Tie a knot on the one edge, take a straw, and press it right under the knot. In that way, you will turn the outer part of the intestine inwards, and the inner part outwards.
- Cut the knots, remove the straw, add the intestines into a strainer, and rinse thoroughly under cold running water.
- Transfer them into a bowl and add the vinegar, 1 tablespoon salt, and mix. Refrigerate for 1-2 hours. Drain, rinse, and set aside.
- Divide the lamb pluck per organ, cut them into 2-3 cm pieces, and add them into a bowl. Add the rosemary leaves, salt, and pepper.
- In a blender add the garlic finely chopped, the lemon zest, the olive oil, and beat until there is a paste. Add the paste into the bowl with the lamb pluck, mix, and refrigerate for 1-2 hours.
- Thread the pieces of the lamb pluck alternately onto the skewer. Ideally, you should start with the heart as it is harder and it will help stabilize your kokoretsi on the skewer.
- Optionally, wrap with the caul fat.
- Tie the edge of the intestines onto the skewer and, firstly, wrap them lengthwise so that so that they will not go between the lamb pluck pieces.
- Wrap the remaining intestines vertically onto the skewer, until the whole lamb pluck is covered and there are no more intestines.
- Spread some aluminum foil and parchment paper onto your working surface, and place the kokoretsi on top. Add the olive oil, the butter into pieces, salt, pepper, rosemary, and wrap it well.
- Roast for 2 ½ hours, uncover, and roast for 1 ½ hours on the low position of the rotisserie.
- Cut into portions and serve.

Ingredients

- 2 ½ kilos lamb pluck and sweetbreads
- 1 kilo caul fat (optionally)
- 3 kilos lamb intestines
- 100 g white wine vinegar
- 1 tablespoon salt

For the marinade

- 5-6 sprigs of rosemary
- 35 g salt
- 5-6 g pepper
- 1-4 cloves of garlic
- zest of 2 lemons
- 50 g olive oil

To assemble

Διατροφικός πίνακας

Nutrition information per portion

417 Calories (kcal)	16.0 Total Fat (g)	6.0 Saturated Fat (g)	4.2 Total Carbs (g)
21%	23%	30%	2%
0.0 Sugars (g)	64.0 Protein (g)	0.0 Fibre (g)	3.6 Sodium (g)
0%	128 %	0%	60%