



Greek Easter Grill - Kokoretsi -

4 hours

Hands on

6 - 8

Portion(s)

3

Difficulty



Ingredients

- 2 kilos lamb intestines
- 50 g vinegar
- salt
- 1 lamb lace fat
- 1 lamb pluck and sweetbreads
- 3 cloves of garlic
- 2 tablespoons dry thyme
- 2 tablespoons rosemary
- 1 tablespoons chili flakes
- 2 tablespoons oregano
- grated zest and juice from 2 lemons
- pepper

Method

- Wash the intestines thoroughly both inside and out.
- Place in a large bowl and add the vinegar and salt.
- Allow to soak for 10 minutes and then rinse thoroughly.
- Drain and transfer to a bowl.
- Refrigerate for 1-2 hours.
- In the meantime, place the lace fat in a bowl.
- Rinse under warm running water thoroughly.
- Let it soak in the bowl with water and lemon juice for 30 minutes.
- Drain and set aside.
- Wash the lamb pluck and chop into 4-5 cm pieces.
- Transfer to a bowl and add the thyme, rosemary, chili flakes, oregano, lemon zest and pepper. Do not add salt from the beginning or else it will toughen the meat.
- Set it aside to marinate for 1 hour.
- Preheat oven to 200* C (390* F) Fan.
- You will need two 30 cm metallic skewers.
- Thread the pieces of lamb pluck on the skewers in the alternating in the following order : lungs, heart, liver, sweetbreads. Season with salt and pepper.
- Cut off a piece of lace fat large enough to cover the whole skewer and wrap nicely over the meat.
- Wrap the intestines around the meat to cover and tighten at the edge of the skewer. This process needs patience and quite a lot of intestines.
- Wrap with parchment paper and aluminum foil.
- Transfer to a **30x40 cm baking pan** fitted with a rack and bake for 45 minutes.
- When ready, remove the aluminum foil and parchment wrappings and bake again for 20 minutes until golden.

Διατροφικός πίνακας

Nutrition information per portion

451 Calories (kcal)	20.0 Total Fat (g)	8.9 Saturated Fat (g)	5.4 Total Carbs (g)
23%	29%	45%	2%
0.0 Sugars (g)	61.0 Protein (g)	0.0 Fibre (g)	0.3 Sodium (g)
0%	122 %	0%	5%