

Corned Lamb Heart

A Raw Deli Meat

“Corned” is an old English term for the size of the salt grain and has nothing to do with the grain we call corn. This version using lamb heart is quite good sliced thinly and served on greens.

Ingredients:

½ a lamb heart (sliced lengthwise)
1–2 tablespoons Celtic sea salt
3 tablespoons honey
2 tablespoons whole coriander seed
2 tablespoons whole mustard seed
2 bay leaves, crumbled
freshly ground pepper to taste
filtered water to cover meat



Method:

Mix salt and honey in a glass or ceramic bowl with about 1 quart of water and dissolve. Add spices. Remove any fat from the top of the heart. Place heart in bowl and completely submerge, adding more water if needed. Weight it down with a plate and cover the bowl. Leave out on the counter 24–36 hours. Rinse heart and slice thinly (a meat slicer works best).

Serves about 4