

## Heart of Targ

6 lamb's hearts  
1 head of kale, sliced into thin strips  
6 stalks of celery, sliced into small pieces  
½ cup water  
Vegetable oil

For the sauce:

1 cup red wine  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon cornstarch



Start by preparing the hearts. Trim the hearts to remove any fat and tubes still remaining on the hearts. You will probably need to trim a fair bit. Slice them into thin slices and set aside.

Next, prepare the sauce. Put the red wine in a saucepan and heat gently. Add the sugar and stir until it is dissolved. Add the Worcestershire sauce to make the sweet and sour sauce.

In a separate bowl, add the cornstarch and a splash of the red wine and stir to form a slurry. Add this to the saucepan with the wine and stir. The cornstarch will thicken the wine as it heats. You may need to add another round of cornstarch slurry if the sauce does not thicken sufficiently.

In a large saucepan or wok, add the water and heat until it starts to steam. Add the celery pieces and cook for a few minutes until they begin to soften. When they are the texture you like, add the kale. Cook for a few minutes until kale softens slightly (but still remains bright green and holds its shape). Remove the celery and kale and tip out any remaining water.

When the wok or saucepan is dry, add a splash of vegetable oil and heat. You want the wok/saucepan to be fairly hot before you add the hearts. Add the hearts and stir around the saucepan/wok. You will need to cook them for only a couple of minutes. Do not overcook or they will be very chewy.

Turn off the heat and add the sauce to the hearts. Toss or stir around the pot until the hearts are thoroughly coated in the sauce.

To serve, place some of the kale and celery mix onto a plate or into a bowl. Add the hearts in the middle of the greens, adding extra sauce if desired. Qapla'!