

RECIPE

Deer Heart Bites



Ready in **20 minutes**

Serves **8 people**

280 calories

Ingredients

- 1x Deer Heart
- Marinades/seasoning:
 - Worcestershire Sauce (¼ Cup)
 - Soy Sauce (¼ Cup)
 - Vegetable/Olive oil (1 Cup)
 - Salt
 - Pepper
 - Garlic Powder
 - Paprika
 - Onion Powder
 - Thyme

Preparation

1. **Prep The Heart** to prep the heart, cut along the middle dividing line to slice the heart in half. Then, Remove the arteries and any cuts of meat less than ¼ inch thick. Then slice the remaining (good cuts) of meat into 2"x1"x1/2" pieces.
2. Combine all of the marinade ingredients into a bowl. Place your sliced strips of meat into the marinate mix and cover evenly. If your marinade doesn't completely cover the heart, add more cooking oil or water.
3. **Cook**, In a cast iron (or any) skillet, lay each strip of meat flat on low to medium heat. It is vital to not overcook the heart or it can get rubbery. We recommend 125 degrees max.

Tips

These Heart Steak bites taste great when dipped in Cowboy Butter, A1, or even Chick-Fil-A Sauce!