

# Grilled Sweetbreads

- sweetbreads
- 1 part white vinegar
- 8 parts cold water
- salt
- extra virgin olive oil
- salt and pepper
- optional: a little dry mustard or chili powder
- onion, chopped large
- fresh lime juice

Rinse sweetbreads. Put in a large pot and add vinegar, water, and salt (a tablespoon or two for each pound of sweetbreads).

Bring to a boil, and reduce to simmer for 10 minutes. Drain. Cool sweetbreads in a bowl of ice water.

Pat sweetbreads dry, and toss with a little olive oil. Season with some salt and pepper, and optional seasonings.

Put the sweetbreads on skewers, interspersed with onion slices.

Grill until done.

Whisk fresh lime juice with a little olive oil, salt, and other seasonings as desired to make a lime vinaigrette. Baste finished sweetbreads with the lime vinaigrette.

Serve with [rice](#) <sup>[1]</sup>, maybe [yuca](#) <sup>[2]</sup> or [tortillas](#) <sup>[3]</sup> on the side.

Preparation time: 25 minutes

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[1] <http://kitchen.unseelie.org/.//225>

[2] <http://kitchen.unseelie.org/.//287>

[3] <http://kitchen.unseelie.org/.//257>