

SWEET & SOUR TONGUE

INGREDIENTS

- 1 Onion (large) (cut in large pieces)
- 1 T Healthy Oil (depending on how large, might need more)
- 1 Beef Tongue
- 1 T Potato starch
- 2 C Liquid (hot from cooking the tongue)
- 1 can Tomato sauce (small) **OR** ½ C tomato puree (if you prefer a thicker sauce)
- 1/3 C Brown sugar
- 3 T Lemon juice
- 2 T Red wine (dry)

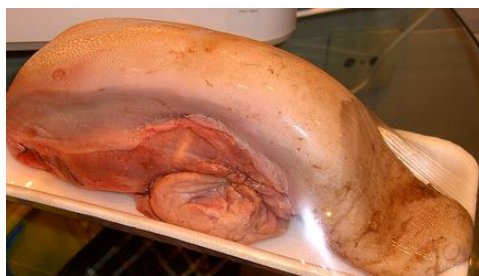


DIRECTIONS

- 1 Add oil to a sauce pan & saute onions
- 2 Place the tongue in a large pot & cover with water
- 3 Bring to a boil & reduce the flame & simmer until the tongue is tender
- 4 This should take about 2 1/2 hours but if you have a larger tongue it will take longer
- 5 Transfer the tongue to a large plate & let it cool just enough that you can handle it
- 6 When it's still slightly hot, put on gloves
- 7 Slit the skin on the underside from the thick end to the tip
- 8 Then loosen the skin all around the thick end and pull it off
- 9 With a sharp knife, trim all the bones & gristle from the thick end of the tongue
- 10 Cut the tongue crosswise into thin slices & set aside
- 11 In a large sauce pot, mix together all remaining ingredients to make the sauce
- 12 Bring to a boil & add the tongue slices
- 13 Reduce the flame & simmer for 15 minutes
- 14 Remove & discard the onion pieces
Serve the tongue slices on a platter

NOTE

Serves 8 - 12



Raw Beef Tongue

