

More than 1 hour

Serves 4-6

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Ingredients

- 1 (about 1.4kg) PnP pickled beef tongue
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 stalks celery, roughly chopped
- 1 PnP bouquet garni (herb and spice parcel)
- Water, to cover

Sauce:

- Glug olive oil
- 1 punnet (250g) portabellini mushrooms, sliced
- 1 packet (200g) baby leeks, sliced
- 4 cloves garlic, finely chopped
- 2 Tbsp (30ml) wholegrain mustard
- 1 Tbsp (15ml) Dijon mustard
- Grated peel of 1 lemon
- 1 cup (250ml) white wine or vegetable stock
- Salt and milled pepper

For serving:

- Salad greens

Method

1. Place tongue in a large pot with vegetables and bouquet garni.
2. Add water, making sure it completely covers tongue.
3. Bring to a boil, then reduce heat and simmer for 2½–3 hours, topping up water as

needed.

4. Remove tongue from liquid and cool slightly for about 10 minutes, until it is easy to handle.
5. Cut a shallow slit down the middle, starting from the tip and being careful to cut only through the rough skin to reveal pink meat. ([Click here for the full step-by-step guide.](#))
6. Peel skin off entirely and discard.
7. Heat oil in a pan over medium heat.
8. Sauté mushrooms and leeks for 10-15 minutes, until they start to caramelize.
9. Add garlic and mustards, and fry for another 2-3 minutes until fragrant.
10. Add grated lemon peel and white wine or stock, and simmer until sauce has reduced, about 12-15 minutes. Season.
11. Serve tongue sliced, with sauce and salad.

STEPS TO SUCCESS

- Thoroughly rinse the tongue before cooking.
- Simmer for 55-60 minutes for every 450g-500g.
- Skim the foam off the top as it simmers.

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