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Beef tongue is one of the most underrated cuts – and it’s easier to prepare and tastier than you think. Some might be freaked out by the appearance, or simply have no idea how or where to start when it comes to cooking it. We share 5 simple steps to flavourful, tender and crispy (yes, crispy!) beef tongue.



STEPS TO SUCCESS

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

WHAT YOU’LL NEED

- 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

5 STEPS TO MASTERING TENDER BEEF TONGUE



STEP 1

Place tongue in a large pot with vegetables and bouquet garni.



STEP 2

Add water, making sure it completely covers tongue (you can use chicken or vegetable stock instead of water).



STEP 3

Bring to a boil, then reduce heat and simmer for 2½ -3 hours, topping up water (or stock if

using) as needed. Remove tongue from liquid and cool slightly for about 10 minutes, or until it is easy to handle.



STEP 4

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.



STEP 5

Carefully peel off skin entirely and discard. Serve tongue sliced with sweet mustard or braised mustard and mushroom sauce or fry in a pan with butter over medium heat until

browned and crispy, about 3 minutes a side. ([click here for full recipe](#)).

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