

## **BEEF TONGUE COLD MEAT**

1. 1 KG BEEF TONGUE.
2. PEPPERCORNS AND TWO BAY LEAVES.
3.  $\frac{1}{4}$  CUP SUGAR.
4. 3 T HIMALAYAN PINK SALT.
5. 5 CLOVES.
6.  $\frac{1}{4}$  CUP WHITE WINE VINEGAR.
7. 2 CUPS WATER.

<http://tinyurl.com/cq3t2pp>

### **HOW TO DO**

**1 – 1,5kg whole beef tongue**  
**1 tsp peppercorns**  
**2 Bay leaves**  
 **$\frac{1}{4}$  cup sugar**  
**3 Tbs Himalayan Pink salt**  
**5 whole cloves**  
 **$\frac{1}{4}$  cup white wine vinegar**  
**2 cups water**

1. Place the peppercorns, bay leaves, sugar, salt, cloves, vinegar and 2 cups water into a pot.
2. Heat gently and stir until the sugar dissolves.
3. Leave to cool completely.
4. Place the tongue into the brine and refrigerate for at least 24 hours or up to 3 days.
5. Rinse the tongue and place into a pot and cover with water – discard the brine.
6. Bring to the boil and cook for 30 minutes per 100g. Keep topping up with water during cooking.
7. Remove from the liquid and peel the outside layer off the tongue.
8. Place into a tray with some cans on top to weigh it down and place into the fridge for 1 day to press until compact (optional).
9. Slice thinly to serve.