

Roast Tongue Recipe

(Malaysian Recipe)

Ingredients: Serves 4

1 cow's tongue
5 x 2.5-cm knob turmeric, peeled and ground
1 tablespoon salt
½ tablespoon vinegar
1½ tablespoons light soy sauce
1 teaspoon ground white pepper
3 tablespoons tapioca flour, mixed with a
little water into a paste
3 potatoes, peeled and halved

Garnishing (optional):

scallions
red chilies

Method:

Scald tongue in boiling water. Drain and scrape off skin with a knife. Prick tongue with a skewer, then rub with ground turmeric and ½ tablespoon salt. Leave for 15 minutes. Into a pressure cooker, put tongue and add enough water to cover and pressure cook for 45 minutes. When done, drain tongue and season with vinegar, soy sauce, pepper, remaining salt and tapioca flour paste. Transfer tongue and seasoning to a baking dish and add potato halves. Roast in an oven preheated to 180°C for 30 minutes or until tongue is tender and potatoes cooked. Remove tongue and thinly slice. Arrange on a serving dish, with potatoes. Pour pan sauce over tongue slices. Serve garnished, if desired, with scallions and chilies.

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