

# Beef Tongue Roast

Written by W.J.Pais

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## Ingredients

	Quantity:	Measure:	Ingredients:	Descrip
	2	Tablespoon	Ghee	
1		Nos	Beef - Tongue	
4		Tablespoon	Ghee	
A		Few	Mint Leaves (Pudina)	Mince
2		25 g	Chillies Green	Mince
1		Inch	Ginger	Mince
2		Large	Onion	Mince
1		Teaspoon	Garam-Masala	
1		Teaspoon	Pepper Powder	
		Little	Salt	to taste
1		Tablespoon	Vinegar	or Lime Juice

## Method

Boil the tongue for 5 minutes and scrape the skin.

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Cut and wash the pieces of beef tongue, and place in the oven and bake with four spoons of ghee. Place the minced masala and other condiments in the baking tray to get cooled in the fat.

Alternative method is to fry it. In a large enough vessel, put ghee and heat it up, and then lace tongue cut into smaller pieces, and brown it. Constantly baste it, with the hot ghee, with a spoon. When one side is brown, turn the pieces to the other side, and fry it. Do not allow the meat to be burnt. You may have to add more ghee. When the meat is brown, pour two cups of boiling water and cook. Put salt and spices like cinnamon and cloves and cook till the meat is well done.

Serve the meat with a salad, or a sauce of your liking.