

COLD TONGUE

(Clive Rodgers)

Ingredients

2 large cow tongues (approx 1 ½ lb each)

1 pkt Shan Hunter Beef Masala

Method

- ❖ Wash the tongue and pat them dry with paper towels. Using a large fork pierce the tongue repeatedly all over.
- ❖ Place the tongues in a large stainless steel bowl and generously apply the hunter beef masala over the entire tongues.
- ❖ Cover the top of the bowl with plastic wrap and keep it in the fridge for approx. 4 days.
- ❖ Each day take out the tongue and pierce it all over again and again. This ensures that the tongue loses some of its water content. After 4 days, you will notice quite a bit of liquid at the bottom of the bowl.
- ❖ On the 4th day remove from the fridge and place the tongues “ONLY” in the pressure cooker. Discard all the liquid from the bowl.
- ❖ Put some water into the pressure cooker to completely submerge them in water ~ about 2/3 of the pressure cooker.
- ❖ Close and cook on medium heat for about an hour. The PC (pressure cooker) will hiss repeatedly but that is OK. You also want to make sure that you had enough of water in the pot so that they don't burn + not too much water so that it does not escape from the spout. Once done, put the stove off and wait till the pressure dissipates.
- ❖ Remove the tongues from the pot and while still hot, peel the skin off the tongue. This should come off very easily when the tongue is still hot. Be careful not to scald your fingers.
- ❖ Once skin is removed, put into a bowl and wait till it is at room temperature before cutting into slices.

Note: It's much easier to slice when it has been in the fridge for a few hours.

The "Old School way"

Same as most of the above except in place of Shan masala, use Salt petra and lemon juice. I also add a little bit of chilli powder to give it a little zing. Other than Salt Petra one can also use Mediterranean Sea Salt