

How to prepare and Cook Beef Tongue

Ingredients

- 1 (3-4 lb) beef tongue (fresh or thawed in the fridge overnight, if from frozen)
- ½ onion; peeled and cut into two chunks
- 3 bay leaves
- ½ tsp whole black peppercorns
- 1 tsp salt
- Water, as needed

Remove and discard packaging from tongue. Place on paper towels and pat to absorb any liquid from the surface. Place whole tongue in a large pot, along with the onion, salt, peppercorns and bay leaves:



Fill pot with water, to completely cover the tongue; bring to boil over high heat, then reduce heat to medium, and cover pot. Allow to cook for three hours, checking halfway to add hot water, if needed, to keep tongue covered. Reserve liquid as broth. Remove tongue from pot onto a cutting board. The outer membrane should be loose and peeling easily; pull off and discard the outer membrane from all around the tongue:



The cooked and peeled beef tongue should be tender and falling apart inside, but the remaining thin layer outside will still have a certain chewy texture, and it is ready to slice, dice or chop:

