



COMBINATION COOKING

PEELING THE TONGUE

SLICING

CORNERD BEEF TONGUE IN RED WINE

Corned beef tongue cooked in red wine and baked in the oven on a bed of sliced butternut and beetroot and served with a spicy quince jelly.

Yield: 6-8 servings // Prep time: 15 min // Cooking time: 2 hours // Total time: 2 hours 15 min

BEEF

1,5 kg Corned beef tongue
1 medium Onion, peeled and quartered
1 medium Carrot, peeled and cut into chunks
1 stalk Celery, coarsely sliced
1 clove Garlic, peeled
1 piece Fresh ginger, peeled and cut into thick slices
2 Bay leaves
4 Juniper berries
2 medium Red onions, peeled and sliced medium thick
1 medium Butternut, peeled and sliced medium thick
2 medium Beetroot, peeled and sliced medium thick

1 teaspoon Beef stock powder
2 cups Red wine
2 cups Baby spinach

SAUCE

½ cup Quince jelly
1 cup Red wine
½ teaspoon Paprika
1 teaspoon Ground ginger
½ teaspoon Dry mustard
1 Lemon, zest and juiced
½ teaspoon Salt
¼ teaspoon White pepper

METHOD

PREPARE THE BEEF TONGUE:

1. Preheat the oven to 180°C.
2. Place the beef tongue in a large pot or can also be cooked in the instant pot or pressure cooker together with the onion, carrot, celery, garlic, ginger, bay leaves and juniper berries and cover with water. Do not add any salt as the meat is salty from the brine. If cooking in an instant pot cook for 60 minutes on high pressure and use the natural release.
3. Remove the tongue from the pot and remove the skin and any fat on the underside of the tongue.
4. Place the sliced red onion, butternut and beetroot in a roasting pan. Lay the peeled tongue on top and sprinkle with the stock powder. Add the wine, cover and roast the tongue until tender, turning frequently so that it becomes a rich red colour.
5. When tender after about 1 hour, remove from the pan. Lift the vegetables out of the pan and place on a serving platter. Slice the tongue and place on the platter together with the vegetables. The pan juices can be strained and spooned over the roasted tongue.
6. Serve with a baby spinach salad and spicy quince jelly.

PREPARING THE SPICY QUINCE JELLY:

1. Mix the quince jelly, wine, paprika, ginger, mustard, lemon zest and juice, salt and pepper together in a small saucepan. Simmer over medium heat for 5 minutes. Cool and serve with the tongue.

