



Langue de boeuf rôtie / Roast Ox tongue

Servings: 2 people

Prep Time: 10 minutes

Cook Time: 4 Hours (in slow cooker)

Ingredients:

1. 1 Medium size Ox tongue (ask the butcher to remove the skin)
2. 8 whole garlic, 2 small pieces of ginger, 5 bay leaves, 1 cinnamon stick, 1 tablespoon whole pepper, ½ teaspoon five spice powder.
3. 1 cup beef bouillon stock.

Instructions:

1. Add all the ingredients in a slow cooker.
2. Allow to cook for 4 hours or until tender (but not too soft for the Asian style dish - you want the tongue to have a bit of bite).
3. Get ready for your senses to be tantalised! The aroma will be incredible, making your taste buds dance and your mouth water.
4. Serving suggestions slice meat and serve with white rice, lentils (black or red) or green leaf bouillon like bok choy or watercress, shoots of chayote plant or pumpkin, and a spicy chilli chutney with tomatoes or cucumber, or simply green chilli, red onions, oil, and lemon 😊. Yum!
5. Asian Style - slice the meat, stir fry in oil, chilli, soy, and green shallots.

Bon Appétit!