

Sweet 'N' Sour Tongue

Recipe By *Brynie Greisman*



Cooking and Prep:  3 h

Serves:  8

No Allergens

Preference: Meat

Learn how to prepare and clean a traditional festive tongue dish with sweet and sour sauce.

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free, Low Carb

Source: Family Table by

Mishpacha Magazine

Ingredients (8)

Main ingredients

- 1 tongue
- 1 large onion, cut in large pieces and sautéed in a bit of oil
- 1 tablespoon **Gefen Potato Starch**
- 2 cups reserved cooking liquid
- 1 small can tomato sauce or 1/2 cup tomato puree, if you prefer
- 1/3 cup brown sugar

- juice of 1 lemon (approximately 3 tablespoons)
 - 2 tablespoons **Alfasi Cabernet Sauvignon** or other dry red wine
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Start Cooking

Cook the Tongue

1. Place the tongue in a large pot and cover with water. Bring to a boil, reduce the flame, and simmer until the tongue is tender, about two and a half hours (depending on size).
2. Transfer the tongue to a large plate and let it cool just enough that you can handle it. (It's easiest to peel when it's still hot). Reserve two cups cooking liquid and set aside.
3. Slit the skin on the underside from the thick end to the tip, then loosen the skin all around the thick end and pull it off. (If you put on a pair of gloves, it's not that bad — just don't think about what you're holding!) With a sharp knife, trim all the bones and gristle from the thick end of the tongue. Cut the tongue crosswise into thin slices. Set aside.

Prepare the Sauce

1. In a large saucepot, mix together the onion, potato starch, cooking liquid, tomato sauce, sugar, lemon juice, and wine. Bring to a boil.

To Serve

1. Add the tongue slices. Reduce the flame and simmer for 15 minutes.
2. Remove and discard the onion pieces. Serve the tongue slices on a platter. Decorate with sliced or slivered toasted almonds.