



Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	nos	Beef - Tongue	cleaned
1		Piece	Ginger	to make ginger g
10		Flakes/Seeds/Cloves	Garlic	to make ginger g
4		Medium	Chillies Green	to make ginger g
5		nos	Cloves (spice)	To add to press
1		Sticks	Cinnamon	To add to press
10		nos	Pepper Corns	To add to press
15		nos	Chillies Kashmir	Soak in vinegar
1		Teaspoon	Mustard Seed	To make masala
2		Teaspoon	Jeera/Cumin Seeds	To make masala
2		Medium	Onions	To make masala
10		nos	Pepper Corns	To make masala
10		nos	Cloves (spice)	To make masala
10		Flakes/Seeds/Cloves	Garlic	To make masala
1		Inch	Ginger	To make masala

1	Large	Onion	Chop and fry
	As Required	Cooking Oil	For frying onion
	As Required	Coriander Leaves (Kothmeetha)	Chopped for garnish

Method.

Tongue has to be cleaned well. It has to be skinned after immersing in hot water. Nowadays, one can buy tongue from the cold storage so its already nicely cleaned.

Marinate the tongue after pricking it with a fork with ginger garlic paste made of ingredients given above with a little salt and pepper powder for 2/3 hours.

Put in pressure cooker with water covering the tongue, 5 cloves, 1 big stick of cinnamon and some peppercorns and pressure cook for an hour.

Open the pressure cooker when cool and cook on slow fire stirring occasionally, to prevent burning, keeping some broth if a curry is needed.

Grind a masala with ingredients given above for preparing it.

In a cooking vessel, heat some oil, and fry 1 large sliced onions till brown. Then fry the masala paste in the same oil and fry on slow fire till the oil separates; add sliced tongue and the broth. Cook for a few minutes. Tongue should be cooked tender. Could add chopped coriander if preferred.