

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	Nos	Beef - Tongue	Scraped
2		Tablespoon	Vinegar	For grinding
6		Large	Chillies Red Dry	For grinding
1		Teaspoon	Jeera/Cumin Seeds	For grinding
1		Piece	Turmeric/Haldi	For grinding
2		Medium	Onions	For grinding
4		Medium	Chillies Green	For grinding
6		Flakes/Seeds/Cloves	Garlic	For grinding
1		Piece	Ginger	For grinding
1		Teaspoon	Salt	For Taste
3		Teacup	Water	For boiling
6		Nos	Cloves (spice)	Mix
1		Piece	Cinnamon	Mix
3		Tablespoon	Ghee	For Seasoning
2		Tablespoon	Sugar	
4		Large	Potatoes	

Method

- # Clean and scrape the tongue, and cut it in slices.
 - # Grind the masala in vinegar.
 - # Boil the tongue in water, with cloves and cinnamon and salt to taste, till well cooked.
 - # Remove the tongue from the gravy and keep aside.
 - # In another vessel heat the ghee and brown the cooked tongue.
 - # Remove the meat, and in the same ghee, fry the ground masala stirring all the time.
- Sprinkle a little water on the masala once or twice. Then add the meat, the gravy, and stir. Put sugar, vinegar and salt to taste.
- # Peel the potatoes, cut them in slices and boil till the potatoes turn soft.