

Beef Tongue Roast with Stuffing

Written by W.J.Pais

Ingredients

| | Quantity: | Measure: | Ingredients: | Description: |
|---|-----------|-------------|----------------------|---------------------------|
| | 1 | Kilogram | Beef - Tongue | Clean and wash |
| | | As Required | Salt | to taste |
| 2 | | Nos | Eggs | For beating |
| 3 | | Tablespoon | Vinegar | to taste. For stuffing |
| | | As Required | Salt | to taste For stuffing |
| 2 | | Tablespoon | Ghee | For stuffing |
| 1 | | Teaspoon | Garam-Masala | For stuffing |
| 1 | | Teaspoon | Pepper Powder | For stuffing |
| 1 | | Nos | Eggs | For stuffing, hard-boiled |
| a | | Few | Mint Leaves (Pudina) | For stuffing |
| 1 | | Slices | Bread, White | For stuffing |
| 1 | | Piece | Ginger | For stuffing |
| 4 | | Medium | Chillies Green | For stuffing |
| 4 | | Medium | Onions | For stuffing |

Method

Clean and wash the tongue. Pressure cook it with salt to taste, in sufficient water till it is very soft. Remove it from the pressure cooker and scrape off the skin. Cut it open lengthwise and flatten it thoroughly.

Beat two eggs. Prepare stuffing by mixing the ingredients for stuffing. Apply the beaten egg on the flat open part. Place the stuffing then apply beaten egg then bread crumbs. Heat the

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ghee in a vessel. Place the tongue with the stuffed side up and cook for some time. Then remove the tongue into a baking dish and bake in the oven till the tongue and the stuffing has browned and cooked.

Stuffing:

Cut bread into bits, and mince onions, green chillies, mint leaves and ginger. Brown the green masala in hot ghee. Then add bread pieces, shelled hard boiled egg cut in pieces and spice powders. Add salt and vinegar to taste. This stuffing can be used for fish, vegetables or meat roast.

Serve with meat gravy or sauce.