

# Beef Tongue Vindaloo

Written by Poonam Pais-Zaveri

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## Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Nos	Beef - Tongue	Scraped
2	Tablespoon	Vinegar	For Grinding
6	Flakes/Seeds/Cloves	Garlic	For Grinding
2	Pods (whole)	Cardamoms	For Grinding
1	Piece	Ginger	For Grinding
8	Large	Chillies Red Dry	For Grinding````
1	Teaspoon	Jeera/Cumin Seeds	For Grinding
1	Medium	Onion	For tempering s
	Few	Coriander Leaves (Kothmeed)	For tempering
3	Tablespoon	Ghee	For tempering
200	Grammes	Potatoes	peeled and slice
	As Required	Salt	to taste

## Method

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Cut and wash the tongue, scrape it, and make slices. Grind masala in vinegar. In a vessel, put ghee, heat it, fry the sliced onion and the coriander leaves, then add the ground masala and fry well. Add the tongue and continue to cook. You may put cold water in a deep thali and place it above the vessel;. Stir so that the meat does not get burnt. Add pared and cut potatoes and cook. When the potatoes are soft, add salt to taste.