



BEEF TONGUE

INGREDIENTS

FOR COOKING

1 beef tongue
1 onion
5 garlic cloves
1 tbsp peppercorns
Laurel

CHEF **RUI OLIVEIRA**
LOCAL **O ANTIGO CARTEIRO**
REGIÃO **PORTO**

WINE **ESPORÃO VERDELHO 2015**
OLIVE OIL **ESPORÃO DOP MOURA**

FOR THE MARINADE

1 tbsp Extra virgin olive oil
1 tsp Pink pepper
1 tsp fresh grated ginger
Zest of half a lime
Fleur-de-sel/glasswort

PREPARATION

Boil the tongue with the remaining ingredients for about an hour. Once cooked, remove all excess fat, and slice with a meat slicer, or with a sharp knife, into very thin slices. Place the tongue slices in the marinade and allow the flavours to develop for a few minutes. Serve with crisp ginger, fresh herbs and vegetables (cilantro, peas, beets).

Enjoy.

