

Fancy some beef?

Natura-Beef tongue with a vegetable vinaigrette



You may be thinking: “Yuck, I don’t want to eat something that has already been in someone’s mouth”. You’re in for a surprise! Natura-Beef tongue is a delicacy.



Ingredients for 4 persons

- 1 tongue
- 2 cloves
- 1 bay leaf
- ½ onion
- 2 l bouillon

For the vinaigrette

- 30 g Rüebli (carrots)
- 30 g leek
- 30 g celeriac
- 30 g onions
- 1 bunch of chives
- 1 dl sunflower oil
- ½ dl vinegar
- Salt and pepper

(Photo: ninamattli.ch)

Preparation

Boil the tongue in the bouillon with the onion topped with cloves and the bay leaf for 2 ½ to 3 hours until tender. The tongue is cooked when the skin can be peeled off easily.

For the vinaigrette, dice the carrots, leek, celeriac and onions, finely chop the chives, and set aside a few stalks for garnishing.

Add oil and vinegar, season with salt and pepper and mix everything well.

Cut the tongue into thin slices or cubes. Arrange on plates together with the vinaigrette.

Serve lukewarm or cold with toast.

Source for recipe: Kathrins Natura-Beef Fleischküche. Available in the Webshop of Suckler Cow Switzerland.