

Slow Cooker Lengua Beef Tongue

Jacob · 28/09/2024



Prep Time

8 hrs 15 mins

Difficult

Medium

Servings

6

Description

Beef tongue is a very tender tasty meat Dont let the cut of meat scare you you will be pleasantly surprised Find the meat at any Mexican market ask the butcher Serve this in tacos with chopped onion tomato cilantro and wedges of lime

Ingredients

- - 1 beef tongue - ½ onion - 2 cloves garlic
- or more to taste - 1 bay leaf - salt and ground black pepper to taste - 1 tablespoon butter

Instructions

1. Place beef tongue
2. onion
3. garlic
4. and bay leaf in a slow cooker; generously season with salt. Pour in enough water to cover beef mixture. Dotdash Meredith Food Studios Cook on Low for 8 hours. Dotdash Meredith Food Studios Transfer beef tongue to a work surface and cool slightly. Peel outer layer of skin from beef tongue and remove rough end. Dotdash Meredith Food Studios Chop meat into bite-sized pieces. Dotdash Meredith Food Studios Heat butter in a skillet over medium heat; cook and stir chopped meat until tender
5. 5 to 10 minutes. Season with salt and pepper. Dotdash Meredith Food Studios