

Tamarind- Mango Spiced Tongue

Rosh Hashanah Symbolic Dish Blessed to be “the head, not the tail”

Tongue is a fascinating cut of meat that is often overlooked. The muscular texture allows for assertive spicing to create a strong but not overpowering flavor. The density of the meat also permits a long simmering time, giving the cook an opportunity to marry several flavors and produce a subtle and original sauce.

Meat:

- 1 cow's tongue (about 2 pounds)
- 1 onion
- 1 cup chopped celery (about 2 ribs)
- 4 whole cloves
- 1 bay leaf

Sauce:

- 1/2 cup cherry juice
- 2 mangos cut in 1/2 “ cubes
- 1 tablespoon raspberry vinegar
- 2 tablespoons tamarind paste

1/2 cup raisins

1 teaspoon brown sugar or maple Syrup

1 tablespoon lemon juice

1. To prepare the meat, cover the tongue with water in a medium stockpot over medium-high heat. Add the onion, celery, cloves, bay leaf, and peppercorns to the pot. Bring to a boil, reduce the heat, cover, and simmer over low heat, allowing 1 hour for each pound of tongue.
2. Remove the tongue from the water. Cut the membrane and peel it off carefully. Remove the bone and gristle at the thick end. Let cool.
3. Preheat the oven to 350°F.
4. Slice the tongue crosswise. Place the slices in a shallow ovenproof casserole, overlapping the slices.
5. To prepare the sauce, in a medium saucepan over medium-high heat, add the cherry juice, mango, vinegar, tamarind, raisins, brown sugar and lemon juice in 1 cup water. Bring to a boil, then reduce the heat to low. Cook, stirring constantly, until the mixture bubbles and thickens. Pour the sauce over the tongue
6. Cover and bake the tongue in the oven for 20 minutes, or until caramelized.