

## Tangy Mustard Beef Tongue



Preparation time: 10 minutes

Cook time: 90 minutes

Serves: 4-6

### **INGREDIENTS:**

- > 1 x pickled beef tongue
- > ½ cup of cloves

### **SAUCE:**

- > 65ml dry mustard powder
- > 125ml white sugar
- > 250ml boiling water
- > 25ml cornstarch
- > 2ml salt
- > 125ml white vinegar
- > 150ml Hellman's or Nola mayonnaise
- > 25ml lemon juice

### **METHOD:**

1. Place the beef tongue in a large pot, cover it with water and add the cloves. Bring to a simmer, cover the pot and simmer over low to medium heat for 1-2 hours until fully cooked.
2. Remove the tongue from the pot, peel off the skin and allow it to rest.
3. Make the sauce by whisking together all of the ingredients except for the mayonnaise and lemon juice.
4. Bring the sauce mixture to a simmer and cook for 5-8 minutes. In the final 2-3 minutes of cooking, whisk in the mayonnaise and lemon juice. Remove from the heat.
5. Slice the tongue and serve it hot with the mustard sauce, or chill it to serve cold. Enjoy!