

1. Five Spices Beef Tongue

By John Wong
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Yield

8 Servings

Ingredients for Cleaning Water Bath

6 slices of ginger
Some salt

Ingredients for Sauce

1 beef tongue
1 onion
3 green onion
1 teaspoon five spices powder
1.25 bar of Chinese brown sugar
½ cup of soy sauce
¼ cup of dark soy sauce
7 cups of water
6 slices of ginger

Directions #1

1. Boil the beef tongue in a pot of hot water with the ingredients for cleaning water bath for 15 minutes.
2. Remove the skin of the beef tongue with a knife. Throw away the cleaning water bath.
3. Cook the clean beef tongue and other ingredients for sauce in the pot.
4. Turn down the heat once it is boiling. Cook in low heat for 1 hour. Flip the tongue. Cook in low heat for another 1 hour.
5. Cut the tongue and serve.

Directions #2

1. Boil the beef tongue in a pot of hot water with some ginger and salt for 15 minutes.
2. Remove the skin of the beef tongue with a knife.
3. Cook the clean beef tongue and other ingredients in the pot.
4. Turn down the heat once it is boiling. Cook in low heat for 30 minutes on each side.
5. Turn off the heat, and let the beef tongue stay in the pot overnight.
6. When serving, heat up the beef tongue.