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## Spicy Beef Tongue



## Ingredients

3 pcs beef tongue  
½ cup cooking oil  
3 teaspoons salt  
2 teaspoons pepper  
½ cup white wine  
1 cup chopped onion  
½ cup tomato sauce  
3 spoon bread crumbs  
1 cup hot catsup  
3 spoon oyster sauce  
1 cup water

## Preparation

- 1 Boil tongue in water to cover until tender.
- 2 Drain. Fry in oil until brown.
- 3 Slice tongue and marinate 1 hr in salt, pepper & white wine. Set aside.
- 4 Heat oil. Sauté onion and sliced tongue.
- 5 Add tomato sauce, hot catsup, oyster sauce, chick peas and marinade
- 6 Simmer for 15 minutes or until sauce is thick and tongue is tender.

## Cooks Note

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