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Spicy Beef Tongue



Ingredients

3 pcs beef tongue
½ cup cooking oil
3 teaspoons salt
2 teaspoons pepper
1/2 cup white wine
1 cup chopped onion
1/2 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