

TONGUE IN MUSTARD SAUCE



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4lb fresh tongue (you can also use a pickled tongue, although I could not find one)

For the fresh tongue, prepare as follows

$\frac{1}{2}$ cup coarse salt

20 whole Coriander – crushed in a spoon, just to crack the outer shell

15 cloves

5 bay leaves – can use it as is or break into smaller pieces

25ml sugar

25ml vinegar

750ml water – enough to cover the tongue

Add everything in a big pot and cook for at least 3-4 hours till tender. Peel off the skin and slice up and use as is or add the sauce if you prefer.

We use $\frac{1}{2}$ plain and $\frac{1}{2}$ with sauce.

Sauce:

2tbs oil

2tbs flour

60ml mustard powder

125ml sugar

4ml salt

180ml boiling water

80ml salad vinegar
180ml mayonnaise
Juice of $\frac{1}{2}$ lemon
60 ml chopped gherkins

Place, oil, flour, mustard, sugar, salt and boiling water in double boiler, and stir until smooth.

Add vinegar and continue to cook until well blended and thickened.

Allow to cool slightly, then add mayonnaise, lemon juice and gherkins (I did not use the gherkins)

Pour over tongue in casserole and bake in 350F oven for 20-30 minutes

I doubled the sauce, and did not use the gherkins. It's super yummy.

Received the original recipe from a friend but adapted by Esme Slabbert's kitchen.