

PALEO / NICK



Beef Tongue Tacos “Al Pastor”

Yields: 10P, 4C, 96F

Ingredient List:

- 1 Beef Tongue
- 4 Bay Leaves
- 2 Tablespoons Kosher Salt
- 2 Quarts Cold Water
- ½ Pineapple, Diced into ¾” cubes
- 1 Large Yellow Onion, julienned
- 2 Tablespoons Fresh Garlic, minced
- 3 Tablespoons Chili Powder
- ½ Bunch Cilantro, roughly chopped
- Juice of 2 Limes
- Kosher Salt, to taste

Preparation Instructions:

1. Place beef tongue in a ½ hotel pan with cold water, bay leaves and salt. Cover with foil and bake at 350°F for 5 ½ hours until tender.
2. Remove tongue from the oven and allow to cool in braising liquid for at least 30 minutes or as long as overnight in the refrigerator.
3. Remove tongue from braising liquid and peel the skin from the meat. Discard the skin.
4. Dice the tongue meat into ¾” cubes and place a large sauté pan over high heat.
5. Pour olive oil into pan and heat until it runs like water when the pan is tilted back and forth.
6. Add minced garlic to oil and sauté/stir for 20-30 seconds.
7. Add diced tongue meat and onions to pan and season with salt and chili powder. Sauté meat and onion mixture to mix well and then allow mixture to cook for 3-5 minutes, stirring occasionally.
8. Add pineapple chunks and cook for 3-5 minutes longer.
9. Season with salt, lime juice, and half of chopped cilantro, toss a few more times, and then remove from heat and plate.
10. Top with remaining cilantro and serve as individual tacos or on a large platter as a communal offering. Enjoy with fresh corn tortillas or lettuce wraps.
11. Bon Appetit!!

“Keep it Paleo!”