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Beef Tongue Tacos

We had been sending our beef tongue to New York City restaurants. Talking to one of the chefs, I asked how they used them. His answer surprised me. Tongue Tacos! We like tacos – see our recipe using Mack Brook Farm hamburger – so I thought this was worth a try. I admit I had to just not focus on the 'look' of it. The results were amazing! It's our new favorite.

INGREDIENTS
Slow Cook the beef tongue:
1 Mack Brook Farm beef tongue, thawed
1 tablespoon paprika
1 tablespoon chili powder
1 tablespoon coarse salt
1 teaspoon freshly ground black pepper
1 teaspoon sugar
1 tablespoon cider vinegar (optional)
2 onions, sliced thin
4-5 12-ounce cans beer, enough to just cover tongue in slow cooker
(can substitute water)

DIRECTIONS
Rinse tongue under running water. Mix dry ingredients. Rub into tongue. Put the sliced onions in the slow cooker. Add tongue and any extra spices. Pour in liquid to just cover. Add vinegar.

Cook on low 10-12 hours. It should be easy to pierce the meat with a fork when done. Remove tongue and let sit until cool enough to handle. With a sharp knife, slit the outer covering and peel off entirely. This is much easier to do than it will look.

ASSEMBLE TACOS

Cooked tongue
Salsa
Shredded lettuce
Shredded cheese
Sour cream
Hard or soft tacos

Slice the tongue crosswise. Then cut pieces into strips. Put salsa and tongue in a pan and cook 10-15 minutes to reheat. Serve on soft or hard tacos with shredded lettuce, shredded cheese, sour cream and more salsa.

Enjoy a delicious new treat!