

LA CASITA LENGUA DE RES

CATEGORY Dinner

COOK TIME 10-12 hours +/-

INGREDIENTS

- 1 Lengua (beef tongue)
- 5-6 garlic cloves
- 1 large onion
- 2 tbs. salt
- dash of pepper
- tortillas
- La Casita Hot Sauce (your choice)
- favorite taco toppings (pico de gallo, avocado slices, radishes, jalapeno, cream or queso fresco, etc...)



NOTES FROM LA CASITA

Alright, I am ready to "dish" about the protein source of these delicious tacos....Lengua de res.....Know what it is?

I hate to break the anticipation, but "lengua" is beef tongue. Beef tongue is tender, juicy, the grain is fine, and it's not too fatty.

DIRECTIONS

- 1) Place the meat in the pot, and add enough water to cover
- 2) Add 5-6 garlic cloves, and 1 large onion that is quartered
- 3) Add 2 tbs of salt, a dash of pepper and let it cook. (I cook this meat overnight and the next morning my mouth is watering!)
- 4) Once the meat is cooked, remove from the water and then peel away the skin membrane.
- 5) Chop the beef, and it should be tender enough to cut with a fork.
- 6) Serve on your favorite tortilla with fresh pico de gallo, La Casita Hot Sauce, avocado slices, radishes, and a dash of queso fresco or crema.

