
THE CrossFit*kitchen*



BEEF TONGUE TACOS "AL PASTOR"

by Nick Massie

overview

Most of us know all about steaks and burgers, but a cow has many, many delicious parts. Nick Massie explains how to prepare a true delicacy from the butcher's shop: shepherd-style beef tongue.

ingredients

1 beef tongue
4 bay leaves
2 tbsp. kosher salt
2 qt. cold water
½ pineapple, diced into ¾-inch cubes
1 large yellow onion, julienned
2 tbsp. fresh garlic, minced
3 tbsp. chili powder
½ bunch cilantro, roughly chopped
Juice of 2 limes
Kosher salt, to taste

directions

1. Place beef tongue in a half hotel pan with cold water, bay leaves and salt. Cover with foil and bake at 350 F for 5 and a half 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-inch cubes, and place a large sauté pan over high heat.
5. Pour olive oil into pan and heat until oil 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 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.