

Boiled Tongue

Ingredients

1 tongue, a bunch of savoury herbs, water.

Method

In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for 12 hours previous to cooking it; if, however, it is fresh from the pickle, 2 or 3 hours will be sufficient for it to remain in sock. Put the tongue in a stewpan with plenty of cold water and a bunch of savoury herbs; let it gradually come to a boil, skim well and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top, to straighten it. When cold, glaze it, and put a paper ruche round the root, and garnish with tufts of parsley.

Source: Mrs Beeton's Book of Household Management (1861)

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