

Ox Tongue Casserole Recipe

(Mechadong Dila)

Ingredients:

1.5 kg ox tongue
4 liters water
1 onion, sliced
2 tablespoons olive oil
4 cloves garlic, peeled and crushed
500 g chopped tomatoes with juice
200 ml canned tomato sauce
125 ml calamansi juice
60 ml soy sauce
2 medium potatoes, peeled and quartered
1 medium carrot, cut into 1-cm rounds
Sliced olives (optional)

Method:

Bring ox tongue and 2 liters of the water to the boil in a stockpot. Reduce the heat and simmer about 20 minutes until a white coating appears on the ox tongue. Remove ox tongue from water and scrape off the white coating. Discard the water. Wash ox tongue in cold running water. Return ox tongue to stockpot and pour in remaining 2 liters water. Add onion, bring to the boil, then simmer until ox tongue is almost tender, about 1 hour. Remove ox tongue from stockpot and refrigerate for about 2 hours to firm it up, so it does not crumble when sliced. Reserve the stock. Slice ox tongue into serving pieces. Heat olive oil in a large casserole and sauté the garlic about 1 minute. Pour in chopped tomatoes, their juices as well as the canned tomato sauce and two cups of the reserved stock. Add the sliced ox tongue. Bring to a simmer, then stir in calamansi juice and soy sauce. Add potatoes, carrot and olives, if using, then let mixture simmer until ox tongue, potatoes and carrot are fork tender, about 30 more minutes.

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