

## Lamb Tongues with Vinaigrette

Serves 4-6

### *Ingredients for Braise*

- 1¼ pounds lamb tongues
- 5 cups chicken stock
- 1 small carrot
- 1 small onion
- 1 rib celery
- 1 bay leaf

### *Ingredients for Vinaigrette*

- ¼ cup chopped parsley
- ¼ cup chopped mint
- ½ cup olive oil
- ½ tsp salt
- ¼ tsp crushed red pepper
- 2 Tbs red wine vinegar
- 1 garlic clove, crushed and minced

### *Instructions*

1. Braise tongues with stock and aromatics for 1½ hours on the stove top (covered) or 15 minutes in a pressure cooker. Make sure that the tongues are covered with the liquid throughout the cooking process.
2. Discard cooking liquid. Cool the tongues and peel them, removing all connective tissue. Slice tongues into ¼" slices.
3. Combine all marinade ingredients in a medium bowl and mix thoroughly. Add the tongue slices and make sure they are covered with the marinade. Cover the bowl and store in the refrigerator until ready to serve (2 hours to 3 days).