LATIN AMERICAN · LUNCH · DINNER

Lengua a la Vinagreta (Beef Tongue in Vinaigrette)

Lengua a la vinagreta

105 min · plus cooling and 2 hours chilling Serves 6 613 kcal a serve

Video 3:05 in Spanish · Vane Fernández

Dairy-free Nut-free

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A low-carb cold dish: about 23 g protein and under 2 g net carbs a serve, with more than a day's vitamin B12, from slow-simmered beef tongue dressed in an oil, vinegar, lemon and garlic vinaigrette.

Diet notes: Keto (1 g net carbs a serve); Gluten-free with a swap: Use gluten-free stock cubes to keep it gluten-free.

Ingredients 13 · SERVES 6

- [ ] 1 **beef tongue**, about 1 kg, simmered and peeled
- [ ] 3 **bay leaves** (for the cooking water)
- [ ] a few **black peppercorns** (for the cooking water)
- [ ] 3 **stock cubes**, any flavour (for the cooking water, which is not served)
- [ ] 200 ml **oil** (sunflower or other neutral oil)
- [ ] 100 ml **white vinegar** (up to 30 ml more if you like it sharp)
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] **Lemon zest**: finely grated zest of 1 lemon
- [ ] 2 **garlic** cloves, finely chopped
- [ ] chopped **parsley**, to taste
- [ ] 1 **hard-boiled egg**, coarsely grated
- [ ] **salt** to taste
- [ ] **ground black pepper** to taste

Contains: Gluten, Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put a beef tongue of about 1 kg in a large pot, cover with water and add bay leaves, peppercorns and 3 stock cubes. Bring to the boil, then simmer gently for at least 1¼ hours (up to 2 hours for extra tender), until a knife slides in and out easily. 0:05
2. Let it cool in its broth. Make a few cuts in the skin and peel it off; it comes away easily. Return the peeled tongue to the broth to finish cooling. 0:45
3. Slice the tongue as thinly as you can. 1:10
4. For the vinaigrette, whisk 200 ml oil with 100 ml white vinegar until it emulsifies. Season with salt and pepper and add the lemon juice and zest, finely chopped garlic and parsley, and the grated hard-boiled egg. Whisk again. 1:22
5. Add the tongue slices and turn them in the vinaigrette (gloved hands work best) until every slice is coated. Refrigerate for 2 hours. 2:10
6. Arrange on a platter and pour all the vinaigrette over to serve, cold. 2:35

> **Tip** Serves 6 (our estimate from a 1 kg tongue). A Christmas favourite in Uruguay and Argentina; it keeps 3–4 days in the fridge. The vinaigrette is generous: drain some off before serving for a lighter plate.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
613 kcal	**23 g**	**1.2 g**	**0.2 g**	**57 g**	**480 mg**
2,570 kJ	46% of a day	1 g net · 0.3 g sugars 0% of a day	1% of a day	12 g saturated 73% of a day	21% of a day

Energy from net carbs 1% · protein 15% · fat 84% — fits keto: 1 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Omega-3 182% · Vitamin B12 152% · Zinc 43% · Vitamin K 43% · Vitamin E 39% · Selenium 32%

Source of (10–19%) Iron 18% · Vitamin B6 12%

Recipe and video: Vane Fernández (@vanefernandez) on YouTube — youtube.com/watch?v=t14DcRt_BtI, published 18 November 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lengua-a-la-vinagreta