

Author: Danilo Ange
Cooking time: 16 hours



Ingredients

For 6 people:

Veal tongue (sous vide):

900 gr veal tongue
1 bunch of thyme
2 bay tree leaves
2 dl vegetable soup
2 oranges

Grapefruit aspic:

3 dl grapefruit juice
3 gr agar-agar
50 gr cocoa butter
salt and pepper

Preparation

Veal tongue (sous vide):

Cut the oranges crust into very small slices and parboil in sweetened water. If they are still bitter, repeat the operation by changing water.
Pour the orange juice in a saucepan on a small flame and let it became creamy and then let it cool down. Put the veal tongue in a cooking pouch with the vegetable soup, orange juice, thyme and bay tree leaves and cook in the **fusionchef** bath for 16 hours at 71°C. Cool down.

Grapefruit aspic:

Heat up the grapefruit juice, add the agar-agar, pour into a baking pan and let it harden in the fridge.

Serve:

Remove the skin from the tongue, cut into little cubes and make them crunchy by cooking them in a pan with cocoa butter. Add some salt and pepper.
Serve the veal tongue with the grapefruit aspic.