

BUFFALO TONGUE

From the Great American Bison Cookbook | Published by the National Bison Association

INGREDIENTS

1 buffalo tongue
water
1 Tablespoon pickling spices
2 Tablespoon apple cider vinegar
1 medium onion, chopped
salt and pepper as desired

DIRECTIONS

Place 1 buffalo tongue in cooking pot and cover with water. Add the rest of the ingredients.

Bring to a boil. Simmer until the outer skin looks blistered and begins to peel, about 2 1/2 to 3 hours.

Peel the skin and serve hot, sliced for sandwiches or chopped and made into tacos.