

Braised Tongue, Under Pressure
makes 1 tongue

- 1 3- to 4-pound beef tongue
- 1 tablespoon salt
- 4 cups dry white wine
- 1 head garlic, cloves separated, peeled & roughly chopped
- 1 tablespoon red pepper flakes
- 3 sprigs fresh rosemary

Place all ingredients in pressure cooker, cover, bring to pressure, and cook over high heat for 30 minutes. Allow to rest for 15 minutes, then relieve pressure. Remove tongue from pot, peel outer skin (it should pull off pretty easily). Simmer sauce in pot if it needs thickening. Carve and serve with wine sauce.

