



# Sweet and Sour Calves' Tongue: Lingua Agrodolce

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



155 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

## Ingredients

- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 2 medium carrots cut into 1/4-inch disks
- 2 ribs celery cut into 1/2-inch pieces
- 1 cup chicken stock see (or reserved cooking liquid)
- 0.3 cup olive oil extra virgin
- 4 tablespoons olive oil extra virgin

- 3 tablespoons thyme leaves dried fresh chopped
- 4 garlic cloves peeled thinly sliced
- 1 onion spanish chopped
- 3 orange zest juiced
- 1 bunch parsley italian finely chopped
- 1 pound pearl onions peeled unpeeled
- 0.3 cup red wine vinegar
- 4 servings salt to taste
- 2 large calves' tongues
- 2 large calves' tongues

## Equipment

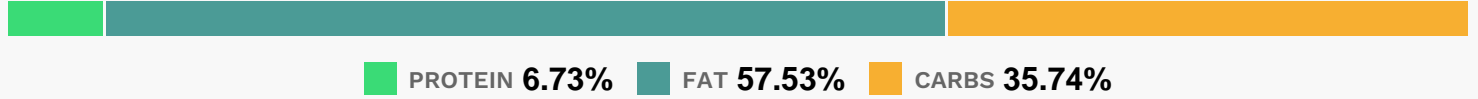
- sauce pan
- pot
- dutch oven

## Directions

- Place the tongues in a pot just large enough to hold them both, and cover with water. Cover the pot and bring to a boil. Lower the heat and simmer 1 1/2 hours.
- Remove from heat and allow to cool.
- Peel the tongues and remove the fatty parts from the lower portion of muscle. Slice the tongues into 1/2-inch pieces and set aside.
- In a heavy-bottomed Dutch oven, heat the olive oil over medium heat.
- Add the onions, carrots and celery and cook, stirring regularly until lightly browned, about 8 to 10 minutes.
- Add the orange juice, vinegar, chicken stock and tomato sauce and bring to a boil.
- Add the tongue pieces and cook, uncovered, at a very low boil, until the liquid has reduced by 2/3, about 30 minutes.
- Sprinkle with parsley and the grated orange zest.
- In a 3-quart saucepan, heat the olive oil over medium heat.

- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

## Nutrition Facts



### Properties

Glycemic Index:71.67, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:32.208260888639%

### Flavonoids

Apigenin: 31.48mg, Apigenin: 31.48mg, Apigenin: 31.48mg, Apigenin: 31.48mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 7.06mg, Isorhamnetin: 7.06mg, Isorhamnetin: 7.06mg, Isorhamnetin: 7.06mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 30.84mg, Quercetin: 30.84mg, Quercetin: 30.84mg, Quercetin: 30.84mg

### Nutrients (% of daily need)

Calories: 433.43kcal (21.67%), Fat: 29.24g (44.98%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 30.9g (11.23%), Sugar: 18.59g (20.66%), Cholesterol: 1.8mg (0.6%), Sodium: 906.07mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Vitamin K: 273.39µg (260.37%), Vitamin A: 8415.86IU (168.32%), Vitamin C: 90.94mg (110.22%), Vitamin E: 7.14mg (47.62%), Fiber: 9.97g (39.9%), Vitamin B6: 0.8mg (39.89%), Potassium: 1337.04mg (38.2%), Manganese: 0.73mg (36.65%), Iron: 6.57mg (36.51%), Folate: 102.78µg (25.69%), Calcium: 239.96mg (24%), Vitamin B3: 4.76mg (23.8%), Vitamin B2: 0.39mg (23%), Copper: 0.45mg (22.73%), Vitamin B1: 0.33mg (21.69%), Magnesium: 85.78mg (21.45%), Phosphorus: 172.12mg (17.21%), Vitamin B5: 0.94mg (9.35%), Zinc: 1.31mg (8.71%), Selenium: 3.07µg (4.39%)