

# A Taste of History

PBS features food from the roots of Bent's Old Fort

EPISODE  
AIRS  
THIS  
NOVEMBER

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Go (way) back in time with Chef Walter Staib as he explores several American sites to find out what was cooking there in the 18th century, including Colorado's own Bent's Old Fort in La Junta. On "A Taste of History," Staib explores the historical sites and then prepares recipes fit for our forebearers and brings them to the present day. What's on Bent's Old Fort menu? Buffalo Tongue with Cactus, an authentic dish enjoyed long ago by locals and visitors of the old trading post. Get a sampling of days gone by in your own kitchen with this featured recipe from Bent's Old Fort's episode, set to release next month on PBS. But don't wait — Season 12 premiered October 1, so you can sample more historical recipes now from additional regions of our great country.



## Buffalo Tongue with Cactus

- 1 buffalo tongue (about 2 pounds)
- 2 bay leaves
- 1 small onion, coarsely chopped
- Salt, to taste
- Ground pepper, to taste
- 2 pounds cactus paddles (often called nopales)
- 3 tablespoons bacon fat (butter used as alternative)

Rinse the tongue and place it in a large pot. Add enough water to cover and bring to a boil. Add the bay leaves, onion, salt and pepper and lower the heat to a simmer. Cook, partially covered, for 3 hours, until tender and cooked through.

While boiling, prepare cactus paddles by removing thorns with a knife. Wash and cut up cactus paddles into smaller 1/2-inch strips and pieces.

Remove tongue from water and let cool enough to remove the light outer skin. Heat bacon fat in skillet over medium-high heat. Slice the tongue in 1/2-inch sections and place in skillet. Sear the slices until they are browned evenly on both sides. Remove and assemble on platter.

Using same skillet, over medium-high heat, add the diced cactus paddles and sprinkle in salt and pepper to taste. Reduce the heat to medium and let the cactus cook and sweat for about 20 minutes. Remove and serve with buffalo tongue.



### DISCOVER MORE ONLINE

Chef Walter Staib shares his **Baked Beans** recipe featured in his book *The City Tavern Cookbook*. Get the recipe at [coloradocountrylife.coop](http://coloradocountrylife.coop).