

Oxtail Stew

Servings: 6

Prep Time: 20min

Cook Time: 5hrs30min



Ingredients

- 2kg oxtail, cut into section by your butcher
- 4 onions
- 2 cloves of garlic
- 6 carrots, sliced
- 4 sticks celery, sliced
- 3 bay leaves
- 10 black peppercorns
- 37.5ml tomato paste
- 250ml red wine
- 250ml water

Directions

1. Roll The sections of oxtail in seasoned flour and brown in hot oil
2. Place all the ingredients in a heavy-bottomed cast iron saucepan
3. Cover with tin foil and replace the lid
4. Place in a 180 degree C oven for 2 hours
5. Check if any further liquid is required
6. Return to the oven for another 2-3hours
7. Oxtail has to fall from the bone
8. One or two tins of butter beans may be added to the stew half an hour before serving time
9. Serve with rice and a salad