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Oxtail Stew

Ingredients

2 onions, finely chopped
2 cloves garlic
Olive oil
2 lb. oxtail pieces, as lean as possible
3 carrots, chopped
1 small butternut, chopped
1 tin cherry tomatoes or whole peeled tomatoes
8fl oz. red wine
32fl oz. beef or vegetable stock
0.5 oz. flour
2 tsp mixed herbs
1 tsp salt
1 tsp paprika
1 tsp coriander
1 tsp course ground black pepper
1 sprig parsley, chopped
1 tbs chives, chopped

Preparation

- 1 Put flour, salt, paprika, coriander and pepper into a plastic bag and toss together with oxtail pieces so the meat is evenly coated
- 2 Heat a generous glug of olive oil (about 3 tbsp.) in a large potjie or heavy bottomed pan
- 3 Add onion and garlic and fry for a few minutes until just turning brown. Add the floured oxtail and brown all over
- 4 Retain seasoned flour left in the bag in case you need to thicken the stew later
- 5 Once the meat is sealed, add red wine, mixed herbs and half the stock. Cover the pot and cook slowly on a very low heat for three hours (This meal is best cooked with a few beers or a good bottle of wine to hand and some mates to help pass the time)
- 6 Every so often, check to see that there's enough fluid and add stock to prevent it drying out. The meat should be covered but not drowned
- 7 After three hours, add the veggies and cook for another hour until they're cooked and beginning to disintegrate into the gravy
- 8 Keep checking to ensure there's enough moisture. When ready, sprinkle chopped chives and parsley over the stew and serve on a bed of rice.

Cooks Note
