

Oxtail Stew

Meat, root veg, red wine, cooked low and slow, does it get any better? Yes, it does, serve it with a mound of buttery mash!

As the title states I've used oxtail (no surprise), but you could use any cut meat you like, beef or lamb and just follow the recipe the same.

Enjoy on a cold winters day with a glass of red.



Serves: 5

Prep Time: 15 minutes

Rest/Marinate Time: 0

Cooking Time: 3 hours

Ingredients

- 2 oxtails, cut into pieces.
- 2 tbsps of flour.
- 2 sprigs of fresh rosemary, roughly chopped.
- 2 carrots, cut into small bite-size pieces.
- ½ a celeriac, cut into small bite-size pieces.
- 1 onion, roughly chopped.
- 2 celery sticks, cut into small bite-size pieces.
- 1 heaped tablespoon of tomato purée.
- 400 ml of red wine.
- 1 beef stockpot.
- 600 ml of boiling water.
- 200 g of baby button mushrooms, left whole.
- 2 tbsps of Worcestershire sauce.
- 3 bay leaf.
- 1 small handful of fresh parsley, roughly chopped.

Method

- Put the flour into a large bowl and season generously with salt and pepper. Add the oxtail and coat in the flour. Take an ovenproof casserole dish and place over a high heat. Allow to get hot then add a splash of oil and brown the oxtail on all sides. Do this in batches so you can get a really good crust on the meat. Should take around 5 minutes per batch. Then place to one side.
- In the same dish add another drizzle of oil, add all the veg, the rosemary and season. Cook over a low heat for 5 minutes. Then add the tomato purée and cookout for a couple of minutes.
- Next add the bay leaf, Worcestershire sauce and the red wine. Turn up to a high heat (over your biggest ring) and reduce by half. This will take approximately 7 minutes.
- Once reduced add the mushrooms, the stockpot and the water. You want enough water to cover. Give everything a good mix then pop a lid on, leaving a small gap. Place into a preheated oven set at 160°C for 2.5 hours or till the meat is super tender. Give it a check every 40 minutes or so to give it a stir. If you feel like it's reducing to much add a little more water.

- Once out of the oven, I like to take the meat out, pull the meat off the bone then return to the dish. Give it a good mix, checking for seasoning then sprinkle with the parsley. Serve with some mash and your favourite greens.