

# Oxtail Stew

Preparation time: 25 minutes

Cooking time: 3-4 hours

## Ingredients

1 kg oxtail, jointed  
30 ml (2 tablespoons) sunflower oil  
2 medium-sized onions, peeled and finely chopped  
2 leeks, trimmed and sliced  
8-10 medium-sized carrots, cut in rounds  
2 sticks celery, sliced  
30 ml (2 tablespoons) seasoned flour  
2 bay leaves  
2 ml (½ teaspoon) thyme  
6 cloves  
12 peppercorns  
1 clove garlic, crushed  
1 L (4 cups) boiling water, or half water and half red wine (or cider)  
2-3 medium-sized tomatoes, skinned and quartered  
2 cups peas, frozen  
15 ml (1 tablespoon) cornflour (optional)  
15 ml (1 tablespoon) finely chopped parsley for garnish



Heat the oil in a heavy-based frying pan and fry the oxtail for 5 minutes, turning frequently.

Lift the pieces onto a dish.

Fry the onions, leeks, carrots and celery in the fat until they begin to brown, then place them in a large, deep casserole.

Rub the cooled oxtail pieces with the seasoned flour and put them in the casserole.

Add the bay leaves, thyme, cloves, peppercorns and garlic, and cover with the water, or the wine or cider mixture.

Cover the casserole tightly and place it in the pre-heated oven for 2½-3½ hours, or until the meat is tender.

Add the quartered tomatoes and cook for 30 minutes.

Fifteen minutes after adding the quartered tomatoes, add the frozen peas.

Check the seasoning. If the gravy seems too thin, thicken it by mixing the cornflour with a little water and pour a cup of the hot gravy to it, stirring all the time.

Stir the mixture back into the casserole and place in the oven for a further 5 minutes.

Garnish with parsley and served with rice or mashed potato.