



SAUCY OXTAIL

INSPIRED BY: MARINA

Saucy, slow cooked, hearty ox tail with lots of chunks of whole tomatoes, carrots and onions reminds me of very cold Johannesburg Sundays at home. Served with slow roasted sweet potatoes and couscous.

Made with my mom's "1 cup" sauce.

Yield: 6 servings // Prep time: 30 minutes // Cooking time: 3 hours 30 minutes // Total time: 4 hours

BEEF

2 kg Oxtail, cut into 3-4 cm pieces
1 teaspoon Salt
½ teaspoon Freshly ground pepper
2 tablespoons Olive oil
2 medium Onions, sliced
2 sticks Celery, sliced into 2cm pieces
4 medium Carrots, peeled and cut into large chunks
2 sprigs Fresh, thyme
2 sprigs Fresh, rosemary
4 Bay leaves
1 tablespoon Tomato paste

4 Cloves
2 tablespoons Flour
2 tins (410g) Tomatoes or 4 large fresh tomatoes cut into chunks
1 cup Red wine
1 cup Tomato sauce
½ cup Worcestershire sauce
½ cup Balsamic vinegar
½ cup Apricot jam
½ cup Fruit chutney
4 cups Beef stock

METHOD

1. Preheat the oven to 220°C. Place a large roasting tray in the oven to preheat.
2. Remove the heated tray from the oven and place the oxtail into the pan. Season with salt and pepper and drizzle 1 tablespoon of oil over the oxtail. Toss to coat and place in the hot oven for 30 minutes until brown and caramelized.
3. Prepare the onions, celery and carrots and place into a large ovenproof casserole dish. Drizzle with 1 tablespoon olive oil and place over medium heat to sweat.
4. Strip the thyme and rosemary off the stems and chop roughly. Add to the vegetables, add the bay leaves and cook for about 20 minutes until tender. Stir frequently.
5. Remove the oxtail from the oven, set aside and turn the oven heat down to 160° C.
6. Add the tomato paste to the vegetables, mix with the vegetables and cook until the tomato paste starts to caramelize. Add the cloves and flour and stir to combine. Add the tomatoes, the oxtail and the roasting juices.
7. Mix the wine, tomato sauce, Worcestershire sauce, balsamic vinegar apricot jam and chutney and pour over the oxtail. Cover with the beef stock and stir to blend all the ingredients together. Bring the oxtail mixture to the boil, place the lid on the casserole dish and place in the hot oven for 3 ½ hours, or until the meat falls off the bone. Stir the oxtail every hour and add water if liquid is required. The oxtail can also be cooked over low heat on top of the stove.
8. Remove from the oven and set aside for about 10 minutes. Using 2 forks strip the meat from the bones, return to the casserole dish. Use the bones to make a stock.
9. Serve the oxtail with couscous, slow roasted sweet potatoes and steamed green vegetables.

