



BOLAND

C E L L A R



OXTAIL RECIPE

Prep time: 30 min

Cooking time: 4h

Serves: 4 - 6

INGREDIENTS:

1.5 kg oxtail, cut into joints
5 Tbsp seasoned flour
60 g butter
2 Tbsp sunflower oil
1 medium onion, chopped
2 carrots, thickly sliced
1 stalk celery, chopped
500 ml Shiraz
500 ml beef stock
2 Tbsp chopped parsley
2 tsp dried rosemary
1 Tbsp tomato purée
2 tsp lemon juice
2 tsp sugar
10 pickling onions, peeled
10 baby potatoes, peeled
125 g baby carrots, peeled
Salt & pepper

INSTRUCTIONS:

1. Preheat the oven to 160 °C.
2. Trim excess fat off meat, and then toss the meat in seasoned flour.
3. Heat butter & oil in a heavy-bottomed pan & brown the meat over high heat, doing only a few pieces at a time. Remove from the pan once browned and continue with the next batch. Place all the browned pieces in a large casserole dish.
4. Sauté the chopped onion, carrots and celery until soft and glossy.
5. Stir leftover seasoned flour into pan and allow to brown well.
6. Add wine, beef stock, herbs, purée, lemon juice, sugar and pepper. Bring to the boil while stirring. Pour the sauce over the meat in the casserole dish, cover and casserole in the oven for 2 hours.
7. After 2 hours, add the pickling onions, baby potatoes and carrots, cover & cook for a further 2 hours
8. Serve with rice

By Carey Erasmus

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