

INGREDIENTS:

- 1 oxtail, cut into chunks
- 2 large onions, finely-diced
- 1 tablespoon cooking oil
- 2 tablespoons tomato puree
- 2 large carrots, cut into chunks
- 1 dessertspoon Madras curry powder
- 2 heaped tablespoons pearl barley
- 2 bay leaves
- 1 firm eating apple, peeled, cored and grated
- 1 generous litre of water
- Salt, pepper
- Juice of a lemon

TIME: 3 Hrs + overnight

SERVING: 4 people



Place the chunks of oxtail in a roasting pan and spread generously with the tomato puree. Add the chunks of carrot and roast in an oven preheated to 190C gas mark 5 for 25 minutes. Heat the oil in a casserole, add the curry powder and onions and cook over a medium heat until the onions have softened. Add the oxtail, carrots, barley, bay leaves and water, cover, reduce the oven temperature to 180C gas mark 4 and cook for two hours. Remove, allow to cool and refrigerate overnight. The next day remove all the fat from the top, remove the bones, cartilage and fat from the oxtail and shred the lean meat and place back in the pan with the apple and lemon juice. Season well, heat through and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: