

## INGREDIENTS:

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

**TIME:** 3hrs + 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, pearl 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 and fat of 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: