

INGREDIENTS:

2 whole oxtails, cut into chunks
2 tablespoons olive oil
3 tablespoons flour
1 bottle red wine
500ml beef stock made with 2 capsules,
3 carrots, diced
2 finely chopped garlic cloves
3 medium-chopped onions
Sea salt, freshly ground black pepper.

TIME: 1 hour**SERVING:** 6 people

CharmaineZoe's Marvelous Melange from England, CC BY 2.0 -<https://creativecommons.org/licenses/by/2.0/>, via Wikimedia Commons

Heat the oven to 160C gas mark 3. Heat the oil in a large casserole and brown the oxtail pieces well on all sides. Add the carrots and onions and cook for about 10 minutes until they start to take on a little colour. Sieve in the flour, stir well and cook until lightly browned then add the wine, stock and garlic, cover and place in the oven for five hours. Remove, carefully fish out the pieces of oxtail and reserve, skim off any fat (or blot it off using three layers of kitchen roll) and reduce the cooking liquid by half over a high heat, stirring frequently. Replace the meat, season well and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: