

More than 1 hour

Serves 4-6

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Ingredients:

- 3 Tbsp (45ml) canola oil + extra for sautéing
- 2 packets (2kg) oxtail
- Salt and milled pepper
- Flour, for dusting
- 2 onions, chopped
- 4 cloves garlic, chopped
- 2 Tbsp (30ml) Worcestershire sauce
- 1-2 tsp (5-10ml) chilli flakes
- 1 Tbsp (15ml) smoked paprika
- 1 large packet (100g) tomato paste
- 4 cups (1L) beef stock
- 1 can (400g) chopped tomatoes
- 1 cup (250ml) water
- 2 cans (400g each) butter beans, drained
- 1 packet (200g) baby carrots
- 1 packet (200g) vine tomatoes
- Thyme, parsley and crusty sourdough bread, for serving

Method:

1. Heat oil in a pressure cooker or normal pot.
2. Season oxtail well and dust with flour, shaking off excess.
3. Brown meat all over. Remove from pot.
4. Fry onion in the same pot over lower heat until golden, about 5 minutes.
5. Add garlic and fry for another minute.
6. Add Worcestershire sauce, spices and tomato paste, and cook for 2 minutes.
7. Add stock, chopped tomatoes, water and browned meat.

8. Cook in a pressure cooker for 1 hour or on the stove over medium heat for 2.5 hours, until tender and almost falling off the bone.
9. Sauté baby carrots in a pan over high heat for 3-4 minutes.
10. Stir butter beans, carrots and vine tomatoes into sauce and heat through.
11. Garnish with herbs and serve with bread – no time for cutlery here, so get your hands dirty!