



Oxtail Stew

Overview

Difficulty Easy

Servings 4

Preparation Time 45 mins

Cooking Time 180 mins

Ingredients

- 1.5kg Oxtail - Cut into Chunks
- 50g Plain Flour
- 20ml Vegetable Oil
- 2 Onions - Sliced
- 2 Garlic Cloves - Finely Chopped
- 2 Carrots - Diced
- 2 Celery Stalks - Diced
- 3 Roma Tomatoes
- 5 Idaho Potatoes - Quartered
- 4–5 Stalks Fresh Thyme
- 2 Bay Leaves
- 300ml Red Cooking/ Leftover Wine
- 500ml Chicken/ Beef Stock
- 2 Tablespoons Tomato Paste
- To Season Salt
- To Season White Pepper Powder
- To Garnish English/ Italian Parsley – Finely Chopped
- To Garnish Extra Virgin Olive Oil

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