



## Braised Oxtail

NIBBLEDISH CONTRIBUTOR

### Ingredients

1 cup all-purpose flour  
3 lbs Oxtails  
2 Onions  
2 Tomatoes  
2 Carrots (large/fullsize) or about 2 cups chopped baby carrots  
2 Celery Stalks  
4 Cloves Garlic  
1/8 cup Tomato Paste  
1 tbsp Thyme  
2 tbsp Parsley  
2 cups Red Wine  
1 can Beef Broth  
2 Bay Leaves  
Olive Oil  
Water, as needed  
Salt & Pepper to taste  
Green Onion

### Instructions

*Note: If you haven't purchased oxtail before you should know that it's somewhat expensive. The 3 lbs required here will cost about \$15 so perhaps save this recipe for a special occasion.*

In a bowl combine flour with salt and pepper. Sprinkle onto of each oxtail so that they're lightly coated. Set aside.

Chop the carrots, celery, garlic, tomato, and onions. In a large pot on medium heat drizzle olive oil and add chopped vegetables. Reduce heat and cook until tender.

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In a separate pan, add olive oil and wait until the oil is hot. Using tongs, add oxtails individually and brown each side. Make sure you're not completely cooking the oxtail, you just want to brown the very top of the meat. The cooking process will take place later so you don't want to over cook the meat. Set aside when each oxtail is browned on all 4 sides.

Return to vegetable mixture and add tomato paste and thyme. Combine and add wine. Bring to boil until liquid is reduced by half. Add oxtail and juices to mixture and reduce heat. Add beef broth and additional water if needed to make sure oxtail is submerged in liquid. Add bay leaves, reduce heat, and cover. Simmer for about 2-3 hours until the meat is completely tender. Oxtail meat will take a long time until tender. Check after two hours and add additional time if needed.

Once complete, place oxtails in place. Spoon the vegetables (carrots and celery) if desired and discard liquid. Place some chopped green onions and parsley flakes over top.

Can be served with rice, potatoes, and other vegetables as a main meal or separate with bread for appetizers.

Serves 2-4.