Hearty Oxtail Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

- 3-4 lb. oxtails
- 10 C. beef stock
- 6 C. water
- 3 C. full-bodied red wine
- 1 medium onion, diced
- 2 leeks, sliced
- 3 small turnips, cubed
- 2 large carrots, sliced
- 2 stalks celery, sliced
- 3 medium potatoes, cubed
- 2 small to medium parsnips, sliced or cubed
- 5 cloves of garlic, minced
- 1 C. chopped portobello mushroom
- 1 bay leaf
- 1 1/2 t. ground rosemary
- 2 t. oregano
- 1/2 t. ground cloves
- s&p
- olive oil

- parsley for garnish

Instructions

This soup is wonderful for cold winter days, but it can be a little time consuming to make. Feel free to break the steps down and do them over a longer period. And do not be scared of things like oxtails, leeks, and parsnips--they really add a lot to the soup.

1. Wash the oxtails well and trim off any excess fat.

2. Place the oxtails on a cookie sheet. Rub them lightly with olive oil and sprinkle with salt and pepper.

3. Place the cookie sheet into a 400° F oven and brown the oxtails well on both sides.

4. Remove oxtails from the oven and place in a large stock pot with the beef stock, water, and 1/2 of the wine. Simmer about 3 hours or until meat is tender.
5. Fish out the oxtails with a slotted spoon. Let them cool a little bit and then remove the bones and cut meat into bite-sized pieces. (This step is not entirely necessary, but I find it more convenient while eating the finished product)

6. Place the meat back into the broth, and place the whole stock pot either in an ice bath or a fridge in order to bring the temperature down. Once cool, fat will congeal on top of the soup. Discard this.
7. Carefully wash, peel, and chop all of the vegetables. Add them to the soup along with the other half of the wine, bay leaf and bring to a boil.
8. Bring the soup back down to a simmer. Add spices and season with salt and pepper to taste. Cook until all vegetables are cooked through.

9. Garnish with freshly chopped parsley. Enjoy!