

Braised Oxtail in Red Wine



what you need

- 750g segmented John Penny oxtail
- 2 tablespoons plain flour
- Freshly ground black pepper
- 2 tablespoons oil
- 2 large onions, chopped
- 250g carrots, sliced
- 300ml red wine
- 600ml beef stock
- 2 tablespoons tomato puree
- 250g button mushrooms, sliced
- 2 tablespoons freshly chopped parsley
- 1 tablespoon freshly chopped thyme (optional)
- Herby mashed potatoes or rice

Cooking time: 3 hr 20 mins

Serves: 4

how to cook

- 1 Coat the oxtail in the flour, seasoned with black pepper.
- 2 Heat the oil in a large flameproof casserole dish or saucepan, add the oxtail and fry until evenly browned. Remove from the pan.
- 3 Brown the onions and carrots, stirring in any remaining flour. Add the wine, stock, tomato puree and oxtail, stir well. Bring to the boil, then reduce the heat, cover and simmer gently for 2½ hours.
- 4 Add the mushrooms and herbs, mix well and continue to cook for a further ½ hour.
- 5 Serve with herby mashed potatoes or rice.