

OXTAIL STEW AND RICE

Ingredients

For the oxtail stew:

1.5 kg oxtail
¼ cup flour
Oil, for browning
1 large onion, chopped
4 tsp garlic, minced
2 carrots, roughly chopped
2 tomatoes, chopped
1 bay leaf
4 sprigs thyme or ¼ tsp dried thyme
1 tbsp sugar
1 ½ cups of red wine
1 Knorrox stock cube less salt, oxtail flavour
1 cup boiling water
Salt and pepper – (Robertsons Spices)

For the rice:

1 ½ cups Spekko parboiled rice
3 cups water
1 tsp salt
To garnish:
Fresh parsley, chopped
Serves: 6-8

Recipe

For the oxtail stew:

1. Toss oxtail in flour until lightly coated.
2. Heat oil in a large saucepan and brown the meat thoroughly. Remove from the pan and set aside.
3. In the same pan, fry the onion and garlic till soft. Add carrots, tomato, bay leaf and thyme. Add sugar and allow to simmer for 5 minutes before returning the oxtail to the saucepan.
4. Add the stock cube to the boiling water and stir until dissolved.

