



6

SERVES/MAKES



COOKING TIME:
> 90 min



COOKING STYLE:
Stove

LANCEWOOD® OXTAIL

INGREDIENTS:

60 ml oil
2 kg oxtail, cut into 4 cm chunks, excess fat trimmed off
Salt & freshly ground black pepper to taste
2 leeks, sliced
5 carrots, peeled & sliced
3 stalks celery, sliced
3 cloves garlic, crushed
60 ml flour
3 x 250 ml beef stock
250 ml water
80 ml Worcestershire sauce
250 ml good quality red wine or 250 ml beef stock
2 sprigs rosemary
2 sprigs thyme
3 bay leaves
250 ml **LANCEWOOD® Buttermilk**

To serve:

500 – 750 ml cooked rice, samp or mashed potatoes

METHOD:

Heat the oil in a large casserole. Season the oxtail with salt and pepper and brown in batches. Set aside. In the same casserole add the leeks, carrots, celery and garlic and fry for 2 minutes. Add the flour and mix in. Add the oxtail, stock, water, Worcestershire sauce, red wine, herbs and bay leaves. Cover and simmer over low heat for 2 – 3 hours or until the meat starts falling away from the bones and the sauce is thick. Stir in the buttermilk and heat through.

Serve with rice, samp or mash.

PRODUCTS USED:

NEW



Buttermilk

ENJOY!