

INGREDIENTS:

1 oxtail
4 celery sticks finely chopped
1 teaspoon minced garlic
150g tomato puree
2 beef stock capsules
10 black peppercorns
1 litre hot water
2 bay leaves
4 tablespoons sunflower oil
1 large chopped onion
sea salt, freshly-ground black pepper
Drained tin of kidney beans
1 teaspoon cornflour

TIME: 4 Hours**SERVING:** 4 people

In a large pan combine the celery, garlic, tomato puree, stock capsules and water and stir well to amalgamate. Add the peppercorns and bay leaves, set over a moderate heat and bring up to a simmer. Meanwhile in a separate pan brown the oxtail pieces in the sunflower oil. Add to the vegetables, pour off most of the fat and fry the onion until softened and add to the pot. Cover and simmer gently for two and a half hours. Season well and simmer for a further 30 minutes. Remove the meat to a warmed serving dish and reserve, add the beans together with the cornflour dissolved in a little water, bring up to a gentle boil, pour over the oxtail and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: