

INGREDIENTS:

1 oxtail, cut into chunks
500g peeled and chopped tomatoes (tinned)
1 onion
3 unpeeled garlic cloves
1 bouquet garni of thyme, parsley and bay leaf
1 stick of celery
4 large carrots
Sea salt, freshly-ground black pepper
Olive oil
25g butter

TIME: 5 Hours+overnight**SERVING:** 4 people

Heat the oven to 160C gas mark 3. Heat a little olive oil in a casserole and brown the chunks of oxtail all over, and reserve. Chop the onion and add to the pan and cook until softened. Replace the meat along with the celery and one carrot, both diced, the bouquet garni and the tomatoes. Top up with enough water to cover the meat, season generously, cover and place in the oven for five hours, checking and topping up with water every hour or so. Refrigerate overnight, remove the fat from the top and pull the meat away from the bones. Strain two-thirds of the sauce into a saucepan and reduce by half over a brisk heat. Pour back into the casserole, replace the meat and keep warm. Thinly slice the remaining carrots, sauté in the butter then cover with the remaining strained cooking liquid and simmer for ten minutes before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: