

INGREDIENTS:

One oxtail, cut into pieces
a bouquet garni of thyme,
parsley and bay leaf
one onion
one carrot
six cloves
teaspoon sea salt
half a bottle of red wine
two garlic cloves and 300g
chestnut mushrooms

TIME: 120 mins

SERVING: 4 people



Place the pieces of oxtail in the pressure cooker, add the bouquet garni, the onion stuck with the cloves, the carrot, garlic and the salt. Add the red wine and just enough water to cover, put the lid on and cook for an hour. Leave to cool slightly then remove all the meat from the bones, strain off 500ml of the cooking liquid and reduce by half over a medium heat. Chop the mushrooms into small pieces and toss in butter over a high heat. Mix the shredded meat, mushrooms and reduced stock together, check and adjust the seasoning and pack into a terrine mould. Leave to chill completely before turning out and slicing to serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: