



AfricanStyle Oxtail Stew

Jacob · 29/09/2024



Prep Time

3 hrs 35 mins

Difficult

Medium

Servings

6

Description

Oxtail is my favorite meal and I serve this recipe to all my friends and use it for my frozen food business. Everyone loves it. I call it God's food as it is so delicious. This meal is very rich but oh so good. Oxtail is easily available here in Africa but I have heard it can be obtained in the US.

Ingredients

- - 1 cup chopped celery - 1 teaspoon minced garlic - 1 (6 ounce) can tomato paste - 2 cubes beef bouillon - 10 cups water - 6 whole black peppercorns - 2 bay leaves - $\frac{1}{4}$ cup canola oil - 3 pounds beef oxtail
- cut into pieces - 1 large onion
- chopped - salt and pepper to taste - 1 (12 ounce) can kidney beans
- drained - $\frac{1}{4}$ cup cornstarch dissolved in - $\frac{1}{2}$ cup water

Instructions

1. Place celery
2. garlic
3. tomato paste
4. bouillon cubes
5. and water into a large Dutch oven; stir until the tomato paste has dissolved. Add peppercorns and bay leaves
6. place over medium heat and bring to a simmer. Meanwhile
7. heat oil in a large skillet over medium-high heat. Add oxtail and cook until browned on all sides
8. about 10 minutes. Remove oxtail from hot oil and place into Dutch oven. Pour out all but 1 tablespoon of oil from the skillet
9. reduce heat to medium
10. and cook the onion until softened and translucent
11. about 5 minutes; add to oxtail. Reduce heat to medium-low
12. cover
13. and simmer for 2 1/2 hours. Season with salt and pepper
14. recover
15. and continue to cook until the oxtail is tender
16. but not falling off of the bone
17. about 30 minutes. Remove oxtail pieces and place into a serving dish. Add kidney beans to Dutch oven and return to a simmer. Thicken with cornstarch dissolved in water
18. simmer for 1 minute until thickened and clear. Pour sauce over the oxtail. Note Oxtail should be ready when a knife slices easily through the meat. It should not be overcooked otherwise it will fall off the bones and go stringy - and if not cooked long enough it will not come off the bones easily enough. I normally find 3 hours cooking just perfect.