

Jamaican Oxtail with Broad Beans

Jacob · 28/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

4

Description

This is a traditional Jamaican dish I was taught to cook by my grandmother

Ingredients

- - 1 pound beef oxtail
- cut into pieces - 1 large onion
- chopped - 1 green onion
- thinly sliced - 2 cloves garlic
- minced - 1 teaspoon minced fresh ginger root - 1 scotch bonnet chile pepper
- chopped - 2 tablespoons soy sauce - 1 sprig fresh thyme
- chopped - ½ teaspoon salt - 1 teaspoon black pepper - 2 tablespoons vegetable oil - 1 ½ cups water - 1 cup canned fava beans
- drained - 1 teaspoon whole allspice berries - 1 tablespoon cornstarch - 2 tablespoons water

Instructions

1. Toss the oxtail with the onion
2. green onion
3. garlic
4. ginger
5. chile pepper
6. soy sauce
7. thyme
8. salt
9. and pepper. Heat the vegetable oil in a large skillet over medium-high heat. Brown the oxtail in the skillet until browned all over
10. about 10 minutes. Place into a pressure cooker
11. and pour in 1 1/2 cup water. Cook at pressure for 25 minutes
12. then remove from heat
13. and remove the lid according to manufacturer's directions. Add the fava beans and allspice berries
14. and bring to a simmer over medium-high heat. Dissolve the cornstarch in 2 tablespoons water
15. and stir into the simmering oxtail. Cook and stir a few minutes until the sauce has thickened
16. and the beans are tender. Ktv479 Cook's Note A slow cooker may be used instead of a pressure cooker in Step 1. Simply place the browned oxtail and water into the slow cooker
17. and cook on Low for 10 hours
18. or High for 6 hours. Proceed with Step 2 as stated.