HEARTY OXTAIL

INGREDIENTS

1kg Oxtail

4 small Onions, halved

4 Carrots, peeled

4 Leeks

3 stalks Celery

125g Mushrooms

1 tsp Garlic

3 Tbsp Olive Oil

2 cups Beef Stock

2 cups Red Wine

1 can Chopped Tomato

1 tsp Fresh Thyme

METHOD

Cut the carrots, leeks and celery into chunky blocks.

Place the baking dish with the olive oil into the oven and preheat to 200C. Once the oven has reached temperature, place the oxtail, onions and garlic into the baking dish. Leave the meat to brown for about 20 minutes.

While the meat is browning, combine the beef stock, red wine, chopped tomato and thyme in mixing jug. Once the meat has browned, add the carrots, leeks, celery, mushrooms and liquid mixture to the oxtail. Cover the baking dish with tinfoil - sealing the oxtail as well as you can. Reduce the oven temperature to 150C and bake for a further 4 hours.

From this point onwards, check the meat every 30 minutes, the oxtail is perfectly cooked once the meat is falling from the bone.