

Cooking with Culture

Submitted by: Mary Jensen

Department: Clinical Education



Oxtail stew

This is a rich, winter stew. Like many old recipes that are handed down, there are no real measures for the ingredients. You depend on your senses to know when the amounts are correct.

Ingredients	Amount
Oxtail about	2 lbs
Tomatoes	about 2 lbs—frozen garden tomatoes, or canned
Carrots	3-4
Salt & Pepper to taste	

Cooking Time: about 4 hours

Number of Servings/Recipe: about 6

Serving Size: 1 cup

Refrigerate after preparation:

{ X } YES { } NO

Preparation:

Brown ox tails in large pot over medium high flame. When done, pour off any grease.

Reduce heat to simmer.

Dice the tomatoes and add them to the pot.

Keep adding tomatoes and their juice until it just covers the oxtails.

Peel and slice the carrots and add them to the pot.

Cover and simmer until meat is falling off the bones.

Let cool, then place in the refrigerator overnight or until well chilled.

The fat will have risen to the top and hardened. Remove this and the bones.

Heat, and add salt and pepper to taste.

Serve with a fresh green salad and good crusty bread.

Ethnic Heritage: Not sure. Possibly English.

Family or Celebration Usage: This comfort-food meal is requested by my family when we get together around the winter holidays