

Bajan Braised Ox Tails

Recipe by: Mike Griffin - Willoughby Hills, OH

PREP TIME: 4 Hours 20 Minutes · COOK TIME: 3 Hours 50 Minutes · YIELD: 4 to 5 Servings

INGREDIENTS

1 tsp. Olive oil	4 Bay leaves broken in half
3 lbs. Beef Ox Tails	8 large cloves Garlic, cut in half
Salt & freshly ground pepper	4 oz. white button mushrooms
½ cup all-purpose flour	1 sweet onion, cut in wedges
1 cup Red wine	1 - 8 oz. pkg. fingerling potatoes
2 cups Beef broth	4 medium carrots, cut into 2-inch lengths
1 Tbl. Worchester sauce	1 cup dried white navy beans
1 16 oz. can of Diced tomatoes	2 Tbl. Ground Allspice
1 tsp. dried oregano	Few Shots of Tabasco
1 tsp. dried basil	

PREPARATION

1. Place beans in a saucepan. Add 1 cup of water, bring to a boil, covered, and turn off the heat.
2. Allow to sit for 1 hour, covered, and then drain.
3. Brown the oxtails well in oil (generously salt & pepper each piece, then dredge in flour).
4. When done, pour in the red wine, and simmer for 2 minutes.
5. Place oxtails in a 6-quart stove-top casserole.
6. Add the garlic, onion, and tomatoes. Add the beef stock, and enough water to just cover the contents. Add the Allspice and other ingredients. Cover and simmer for 3 ½ hours, adding the drained beans after 1 ½ hours. Stir occasionally. Remove the lid during the last hour of cooking for a thicker sauce.
7. Be careful that the pot does not dry out. Season with salt, pepper, and Tabasco.
8. Once cooled, you may skim off the fat from the gravy, before reheating.

