

Oxtail Stew

Serves 4

Ingredients

1 large oxtail cut into joints (or 2 pieces per person separately cut, from butcher or supermarket if available)
2 medium carrots, cut in chunks
2 medium onions, sliced
2 large sticks celery, chopped
1 tsp dried thyme, or large sprig of fresh thyme
425ml hot stock
425ml red wine
1 rounded tbsp plain flour
2 tsp English mustard
4 tbsp olive oil
Salt and pepper

Method

- Pre-heat oven to gas mark 2, 300F, 150C
- Coat each piece of oxtail with seasoned flour.
- In a casserole, heat the olive oil and fry the pieces until nicely browned. Remove to separate dish. Fry the vegetables, adding more oil if needed, until just brown at the edges.
- Stir in the flour and mustard and gradually add the stock and the wine (stirring to prevent lumps).
- Add the thyme and season with salt and black pepper.
- Return the oxtail to the casserole.
- Cover with greaseproof paper and a close-fitting lid and cook in the oven for 3-4 hours, until the meat comes easily off the bone.

Serve with mashed potatoes, and any other vegetable as desired.

Recommended equipment

- Le Creuset 27cm Cast Iron Oval Casserole Pot (Choice of Enamel Colours)
- Emile Henry Tagine 32cm - 3.2l (Assorted Colours)
- Nigella Lawson's Living Kitchen Measuring Spoons Set - Stainless Steel OR Magnetic Measuring Spoons Set - Progressive
- Oxo Good Grips Angled 4 Cup (1000ml) Measuring Jug