



OXTAIL POTJIE

125ml flour
coarse salt and black pepper
60ml sunflower oil
2-3 kg oxtail
2 onions
2 sticks celery
2 large carrots
10ml minced garlic
1 litre beef stock (30ml Beef stock powder)
750ml red wine
2 x 410g tins chopped tomatoes
2 bay leaves
handful Italian parsley
3 sprigs thyme
3 medium potatoes cut into large chunks
3 carrots, cut into chunks

Season the flour with salt and pepper. Dip the oxtail in the seasoned flour. Heat a large heavy potjie pot with sunflower oil. Brown the oxtail in batches until golden, setting aside until all the meat is browned.

Then chop the onion, celery and carrots in a food processor until chunky. Add to the pot with the garlic and sauté until softened. Place the meat back in the pot. Pour in the beef stock, red wine, chopped tomatoes, bay leaves, parsley and thyme. Season the sauce well with lots of salt and pepper.

Simmer covered for about 3 hours, stirring quite often.

Add the carrots and potatoes and continue cooking for another 2 hours or until meat is very soft and vegetables are soft and cooked.

Remove the lid and simmer uncovered if the sauce needs to thicken for the last hour of cooking. Be careful that the sauce does not catch on the bottom of the pot.

Serve with mash potatoes.

Serves 8