



MEXICAN

Caldo de Cola de Res

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	3 hr	Simmer	Oxtail

Ingredients

- 1.5 kg (3½ lb) oxtail, cut into segments
- 3 litres (12 cups) water
- 1 onion, halved
- 4 cloves garlic
- 2 dried guajillo chiles, stemmed and seeded (optional)
- 2 tsp salt, plus more to taste
- 2 carrots, in chunks
- 2 potatoes (about 400 g / 14 oz), in chunks
- 2 zucchini, in chunks
- 2 corn cobs, each cut into 3 pieces
- ¼ small cabbage, cut in wedges
- 1 tbsp chopped cilantro
- Lime wedges, chopped onion, cilantro, salsa and warm tortillas, to serve

Steps

1. Toast the chiles in the dry pot for 30 seconds until fragrant. Add the oxtail, water, onion, garlic and salt. Bring to a boil over high heat and skim the foam for about 5 minutes.
2. Reduce to low, cover with the lid slightly ajar, and simmer gently for 2½ hours, until the meat is very tender.
3. Add the carrots, potatoes and corn and cook 20 minutes.
4. Add the zucchini and cabbage and cook 10 minutes more, until all the vegetables are tender but still hold their shape.
5. Skim fat from the surface, taste, and add salt as needed. Fish out the onion halves and chile skins if you like.
6. Ladle into deep bowls with meat and vegetables in each, and sprinkle with cilantro.
7. Serve with lime, onion, salsa and tortillas on the table.

Notes

- **Richer broth:** char the onion and garlic on a dry pan first for a smoky flavour.
- **Other cuts:** beef shank (chambarete) is the other classic for caldo.
- **Make ahead:** keeps 3–4 days. Freeze the broth and meat 3 months, but leave out the potatoes, which turn grainy. Reheat until steaming hot.
- **Slow cooker:** put oxtail, water, onion, garlic and chiles in on low 8–10 hr, then add the vegetables for the last 1½ hr on high. Parboil and skim first for a clearer broth.
- **Twist:** for a smoky, non-traditional broth, swap the guajillos for 1–2 chipotles in adobo.