



TRINIDADIAN

Curry Oxtail

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min + 1 hr marinating	3 hr 30 min	Braise	Oxtail

Ingredients

- 1.8 kg (4 lb) oxtail, cut into segments
- 4 tbsp Trinidadian-style curry powder (or regular curry powder plus 1 tsp extra ground cumin), divided
- 1 tbsp green seasoning (blended cilantro, culantro, thyme, garlic, spring onion) or 4 chopped garlic cloves
- 2 tsp salt
- 3 tbsp vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 1 whole Scotch bonnet pepper (or habanero)
- 3 sprigs thyme
- 1 litre (4 cups) water, plus more if needed
- 3 potatoes (about 500 g / 1 lb), in large chunks
- 1 tbsp chopped cilantro

Steps

1. Rub the oxtail with 2 tbsp curry powder, the green seasoning and salt. Marinate for at least 1 hour, or overnight.
2. Mix the remaining curry powder with 3 tbsp water into a paste. Heat the oil in a heavy pot over medium heat.
3. Add the paste and fry for 2 minutes, stirring, until it darkens and smells toasted. Add a splash of water if it catches.
4. Add the oxtail and cook 10 minutes over medium-high heat, turning, until coated and browned.
5. Add the onion, garlic, cumin, pepper and thyme and stir for 3 minutes. Pour in the water.
6. Cover and braise on low heat for 2½ to 3 hours, stirring every 30 minutes and topping up with water if needed, until the meat is nearly tender.
7. Add the potatoes and cook 30 to 40 minutes more, until they are soft and have thickened the sauce.
8. Remove the pepper, stir in the cilantro and serve.

Notes

- **Burning the curry:** frying the paste is the key step; take it to a deep colour but not to scorching.
- **Serving:** roti, dhalpuri or plain rice.
- **Make ahead:** keeps 3–4 days and the gravy deepens overnight; add water when reheating to steaming hot. Freezes 3 months.
- **Slow cooker:** marinate, fry the paste and brown the oxtail, then cook on low 8–9 hr with 750 ml (3 cups) water. Add the potatoes for the last 2 hr.

- **Shortcut:** a pressure cooker does the oxtail in about 50 minutes at high pressure; add the potatoes for the last 5.
- **Chef's touch:** squeeze a little lime over each bowl; the acid lifts the rich, spiced gravy.