



INDIAN (KERALA)

Oxtail Curry

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

Ingredients

- 1.5 kg (3½ lb) oxtail, cut into segments
- 3 tbsp coconut oil
- 1 tsp black mustard seeds
- 2 sprigs curry leaves (or omit; the dish will be less aromatic)
- 2 onions, finely sliced
- 1 tbsp ginger-garlic paste (or 1 tbsp each minced)
- 3 green chillies, slit
- 1 tbsp Kashmiri chilli powder (or 1 tbsp paprika plus ¼ tsp cayenne)
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp garam masala
- 1 tsp ground black pepper
- 2 tsp salt
- 2 tomatoes, chopped
- 750 ml (3 cups) hot water, plus more if needed
- 120 ml (½ cup) thick coconut milk
- 2 potatoes, in chunks

Steps

1. Heat the coconut oil in a heavy pot over medium heat. Add the mustard seeds; when they pop, about 30 seconds, add half the curry leaves.
2. Add the onions and cook 10 minutes, stirring, until deep golden. Stir in the ginger-garlic paste and green chillies for 2 minutes.
3. Add the chilli powder, coriander, turmeric and pepper and stir 30 seconds. Add the tomatoes and salt and cook 5 minutes until the oil separates.
4. Add the oxtail and turn over medium-high heat for 5 minutes until coated and lightly browned.
5. Pour in the hot water, cover, and braise on low heat for 2½ to 3 hours, stirring occasionally and topping up with hot water if the pot looks dry, until the meat is nearly tender.
6. Add the potatoes and cook 30 minutes more, until soft and the sauce is thickened and dark.
7. Stir in the coconut milk, garam masala and remaining curry leaves. Simmer uncovered 5 minutes. Skim off excess fat.

Notes

- **Shortcut:** cook the oxtail with the water in a pressure cooker for 45 minutes, then add the potatoes and reduce the sauce.
- **Heat:** reduce the green chillies and chilli powder for a mild curry.
- **Serving:** appam, parotta or plain rice.
- **Slow cooker:** fry the spices, tomatoes and oxtail as written, then cook on low 8–9 hr with 500 ml (2 cups) water. Add potatoes for the last 2 hr, then the coconut milk, lid off on high.

- **Make ahead:** the curry deepens overnight; keeps 3–4 days. Freezes 3 months; reheat until steaming hot.