



GHANAIAN

Oxtail Light Soup

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min	3 hr 15 min	Simmer	Oxtail

Ingredients

- 1.5 kg (3½ lb) oxtail, cut into segments
- 2 litres (8 cups) water
- 1 onion, quartered
- 4 cloves garlic
- 3 cm (1¼ in) piece ginger
- 2 tsp salt
- 4 ripe tomatoes (about 500 g / 1 lb)
- 1 to 2 Scotch bonnet or habanero peppers
- 1 small onion, extra
- 1 tbsp tomato paste (optional)
- 1 tsp ground dried fish or shrimp powder (optional)
- 1 tsp ground black pepper
- 1 handful basil leaves (or scent leaves)
- 1 small aubergine (eggplant), quartered (optional)
- Fufu, boiled yam or rice, to serve

Steps

1. Put the oxtail, quartered onion, garlic, ginger, salt and water in a large pot. Bring to a boil over high heat and skim the foam for about 5 minutes.
2. Reduce the heat, cover, and simmer for 2 hours, until the meat is starting to soften.
3. Blend the tomatoes, peppers and extra onion into a smooth purée.
4. Pour the purée into the pot with the tomato paste, ground fish and black pepper. Keep at a gentle bubble.
5. Simmer, partly covered, for 45 minutes to 1 hour more, until the oxtail is tender and the broth is light red and aromatic. Add the aubergine for the last 15 minutes.
6. Add the basil for the final 2 minutes. Skim the fat, taste, and adjust the salt and pepper.
7. Serve in deep bowls with fufu, yam or rice.

Notes

- **Why "light"?** The broth is thin and peppery, not thick like groundnut or palm soup; do not thicken it.
- **Heat:** one pepper gives a warm kick; two make it properly fiery.
- **Other cuts:** goat meat and beef shank are common alternatives.
- **Slow cooker:** cook step 1 on low 8–9 hr with 1.5 litres (6 cups) water. Stir in the blended purée for the last hour on high; the broth stays thin.
- **Make ahead:** keeps 3–4 days, or freeze 3 months; reheat until steaming hot and add the basil fresh.