



BRAZILIAN

Rabada com Polenta

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	3 hr 45 min	Braise	Oxtail

Ingredients

- 1.8 kg (4 lb) oxtail, cut into segments
 - 2 tsp salt
 - 3 tbsp vegetable oil
 - 2 onions, chopped
 - 5 cloves garlic, minced
 - 2 tbsp tomato paste
 - 2 tomatoes, chopped
 - 250 ml (1 cup) dry red wine
 - 750 ml (3 cups) water or stock
 - 2 bay leaves
 - 1 tsp black pepper
 - 2 tbsp chopped parsley
 - Juice of 1 lime
- POLENTA**
- 1.2 litres (5 cups) water
 - 1 tsp salt
 - 180 g (1¼ cups) fine cornmeal or quick polenta
 - 2 tbsp butter

Steps

1. Season the oxtail with the salt. Heat the oil in a heavy pot over medium-high heat and sear in batches until deep brown, about 4 minutes per side. Set aside.
2. Lower to medium. Cook the onions 6 minutes until soft, then add the garlic, tomato paste and fresh tomatoes for 4 minutes until jammy.
3. Pour in the wine and deglaze, scraping up the browned bits, then boil 3 minutes.
4. Return the oxtail and add the water, bay and pepper. The liquid should come two-thirds up the meat.
5. Cover and braise on low heat for 3 to 3½ hours, until the meat is falling from the bone.
6. Skim the fat. Uncover and cook 15 minutes, until the sauce is thick and clinging. Stir in the parsley and lime juice.
7. For the polenta, bring the water and salt to a boil. Whisk in the cornmeal in a thin stream, then cook over low heat 10 to 15 minutes, stirring often, until thick and creamy. Stir in butter.
8. Spoon the polenta into bowls and top with oxtail and sauce.

Notes

- **Make ahead:** the oxtail reheats beautifully; make the polenta fresh. Oxtail keeps 3–4 days, or freezes 3 months; reheat until steaming hot.
- **Classic pairings:** watercress (agrião), the peppery green traditional with rabada, and boiled potatoes.
- **Heat:** serve with pepper sauce on the side.
- **Slow cooker:** brown and build the sauce as written, then cook on low 8–9 hr. Uncover on high for 30 minutes to thicken, then add the parsley and lime.

- **Shortcut:** a pressure cooker needs about 50 minutes at high pressure; reduce the sauce on sauté afterwards.