



AMERICAN (SOUTHERN)

Smothered Oxtails

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min	3 hr 30 min	Braise	Oxtail

Ingredients

- 1.8 kg (4 lb) oxtail, cut into segments
- 2 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 60 g (½ cup) all-purpose flour, plus 2 tbsp for the gravy
- 4 tbsp vegetable oil
- 2 onions, sliced
- 1 green bell pepper, sliced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 1 litre (4 cups) beef stock
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 1 tsp dried thyme
- Chopped parsley, to serve

Steps

1. Mix the salt, pepper, garlic powder and paprika. Rub on the oxtail, then dredge in the 60 g of flour, shaking off the excess.
2. Heat 3 tbsp oil in a large Dutch oven over medium-high heat. Sear the oxtail in batches until a deep, crusty brown, about 5 minutes per side. Set aside.
3. Lower to medium. Add the remaining oil and 2 tbsp flour and stir for 2 minutes to a light brown roux.
4. Add the onions, pepper and celery and cook 8 minutes until soft. Add the garlic for 1 minute.
5. Gradually pour in the stock, whisking, and deglaze by scraping up the browned bits. Add the Worcestershire, bay and thyme.
6. Return the oxtail so it is mostly submerged. Cover and braise on low heat (or in a 160°C / 325°F oven) for 3 hours, turning once, until the meat is falling off the bone.
7. Uncover and simmer 15 minutes, until the gravy is thick enough to coat the back of a spoon. Skim the fat, season, and scatter with parsley.

Notes

- **Serving:** over white rice or creamy grits, with collard greens or green beans.
- **Make ahead:** chill overnight and lift off the fat, then reheat until steaming hot. Keeps 3–4 days, or freezes 3 months.
- **Gravy too thin?** Cook it uncovered a little longer; do not add raw flour at the end.
- **Slow cooker:** dredge, sear and make the roux and gravy as written, then cook on low 8–9 hr. Thicken lid off on high for 30 minutes.
- **Chef's touch:** finish the gravy with a splash of cider vinegar or hot sauce; Southern cooks use it to cut the richness.