

## OXTAIL WITH MASHED POTATO

### Oxtail

Mix onion, garlic, rosemary, chilli, paprika, bay leaves, soya sauce, tomato sauce and olive. Place oxtail in a large dish, coat well with the marinade mixture and place in the fridge for a few hours or overnight.

Make a big fire to produce coals. This dish is traditionally cooked in a cast-iron pot over the coals but can be made in a heavy-based pot on the stovetop.

Take the meat out of the marinade and let it reach room temperature; set aside the marinade. In your pot, heat oil and brown the meat on all sides. Remove from the pot and set aside. Add onion and carrot to the same pot and stir-fry until the onion starts to brown. Add tomato paste and continue stirring over high heat for 2 minutes. Add red wine to deglaze the pot. Reduce the heat and return the browned oxtail to the pot. Add beef stock and tinned tomato. Ensure the meat is covered; add water if necessary. Simmer over low to medium heat for 4 to 6 hours or until the meat is tender and falls off the bone.

Season to taste and serve with mashed potato and gremolata.

### Mashed potato

Place potatoes in a large pot, cover with water, add salt and bring to the boil. Cook for 20 to 25 minutes or until the potatoes fall apart when poked with a fork. Combine milk and butter in a pot and heat until the butter has melted. Drain and mash the potatoes. Slowly add some of the milk-and-butter mixture until you reach a consistency you like. Season to taste.

### Gremolata

Mix the ingredients, cover, and keep in the fridge until ready to use.

**Serves 6-8**

6 large onions, chopped  
4 garlic cloves, chopped  
handful of rosemary sprigs  
30 ml dried chilli flakes  
20 ml paprika  
4 bay leaves  
30 ml soya sauce  
80 ml tomato sauce  
60 ml olive oil  
2 kg oxtail, trimmed  
80 ml oil for browning  
12 shallots  
6 carrots, chopped  
20 ml tomato paste  
250 ml red wine  
1,5 l beef stock  
1 tin (410 g) tomato, chopped  
salt and freshly ground black pepper

1 kg potatoes, peeled and quartered  
water, enough to cover the potatoes  
10 ml salt  
125 ml milk  
60 g butter  
salt and pepper to taste

zest of 2 lemons  
bunch of fresh parsley, finely chopped  
3 garlic cloves, finely minced  
pinch of salt  
125 ml olive oil



