

## **Matty's Oxtail Pot**



### **Ingredients ( A good recipe has the ingredients in order of use for us dummies )**

1. 2 Kg of oxtail – or two descent oxtails.
2. Olive oil – for frying meat and onions.
3. 2 x Onions diced.
4. 200 gram diced bacon.
5. 4 Garlic cloves chopped.
6. Small tin anchovies ( about seven pieces).
7. 50 Gram tomato paste
8. ¼ Cup of flour.
9. 1 x Beer.
10. 2 Cups beef stock.
11. 1 x Tin chopped tomatoes.
12. Five chopped carrots
13. 5 Sprigs thyme, 3 sprigs rosemary, 2 bay leaves.
14. 250 Gram mushrooms ( Portobello if you can, halved ).
15. 12 Baby onions peeled.
16. Salt and pepper on meat before frying.

### **Method.**

1. Brown oxtail in batches and remove.
2. Fry chopped onion slightly, add bacon and fry.
3. Add garlic, anchovies and tomato paste and fry another minute.
4. Add the meat and flour and stir for one minute.
5. Add the beer to deglaze pot and scrape of any bits that are stuck.
6. Add the tin of tomato, carrots, stock and spices.
7. Simmer on low heat for two-and-a-half hours. Stir gently.
8. Add mushrooms and baby onions.
9. Cook another 45 - 60 minutes at least. Do not stir too much.

