

Oxtail potjie

INGREDIENTS

- 2 Kg Oxtail
- 2 Cups chicken stock (home made)
- 2 Cups Red wine
- 3 Cloves of garlic
- 2 Onions, chopped
- 3 Carrots, diced
- Fresh Thyme
- 1 Bay Leaf
- Olive oil
- Salt and pepper



METHOD

Season the oxtail with salt and pepper. In a heated potjie, add olive oil and brown the oxtail (in batches). Remove the oxtail from the potjie

Next fry the onions, carrots, garlic and bay leaves until the onions are soft.

Add the oxtail back into the potjie and add the chicken stock, red wine and thyme. Reduce heat and simmer to 3.5 hours.

Add vegetable of choice (baby marrow, patty pans, sweet potato, mushrooms) to the potjie and simmer for another 30 - 45 min until the vegetables are tender.

Serve with cauli-rice.



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