

Rabo de Toro



PREP TIME

20 MINS



COOK TIME

3 HRS



TOTAL TIME

3HRS 20 MINS



SERVES 6 PEOPLE



EASY



Ingredients

2kg oxtail pieces
4 tbsp plain flour
4 tbsp olive oil
2 large onions, finely chopped
2 celery sticks, finely chopped
1 carrot, finely chopped
2 tbsp tomato purée
375ml (half a bottle) good red Rioja
300ml beef stock, hot
1 bay leaf
2 sprigs of thyme
Whole nutmeg to taste
Salt and pepper to taste
3 whole peppers, cut in half lengthways, core and seeds removed

Method

Dust the oxtail in the flour until lightly coated. Heat half the oil in a heavy-based casserole with a tight-fitting lid. Fry the oxtail, in batches, over a medium heat, for 2-3 minutes each side until browned. Drain off and discard the excess fat. Set aside.

Heat the remaining oil in the casserole and gently fry the onions, celery and carrot for 10 minutes until lightly golden. Stir in the tomato purée, then return the oxtail to the casserole. Pour in the Rioja and stock. Add the nutmeg, bay leaf and thyme, season with salt and black pepper, then bring to the boil.

Cover with the lid, reduce the heat to low and simmer for 3 hours until the oxtail is very tender. Whilst the oxtail is cooking, grill the peppers until the skins are black. Remove from the grill and cover with a tea cloth for 10 minutes. Peel the skins of each pepper and cut each half pepper in half again.

Take the oxtail out of the pot, set aside and keep warm. Bring the sauce to a vigorous boil and bubble until reduced by half. Return the oxtail and roasted peppers to the pot to warm through and serve.