

Oxtail stew *(Meat main dishes)*



Preparation

Chop the garlic, parsley, celery and onion and slice the carrot. Fry for a few minutes in a saucepan with the lard and butter, then add the pieces of oxtail and sauté for a few minutes. Then add the wine and let it evaporate completely, add salt and pepper and some sugar, then add enough water to cover everything. Cover the pan and cook over a low heat for 2 hours.

Tips

The traditional recipe demands that, before adding the pine nuts, celery and raisins, one removes the sauce and uses as a pasta sauce.

Trivia

From the heart of Rome, in the cattle slaughterers' district, oxtail stew is considered to be the 'queen of the fifth quarter', or what remains of the cow after all the more prized cuts have been sold to the wealthy: thus we're talking about offal such as the heart, spleen, tail and tripe.

Information

Preparation 20 minutes

Total Time 150 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Tomato passata 250 millilitres

Lard

Butter

Garlic 1 clove

Parsley

Celery (1 celery stalk)

Carrots (1 carrot)

Onions (1 medium onion)

Sugar

Salt

Pepper

Red wine 100 millilitres