

RECIPE | PEPPERS

BRAISED OXTAIL STEW



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BRAISED OXTAIL STEW



4 hours

15 min | **225 min**
PREP. | COOKING



4



easy

INGREDIENTS

- 3** Pure Flavor® Sweet Bell Peppers, chopped
- 1 lb** Pure Flavor® Luna® Sweets Cocktail Tomatoes, quartered
- 3** large bay leaves
- 1** yellow onion, finely chopped
- 2 ½ lbs** oxtail
- 3 cups** beef stock
- 1 cup** carrots, peeled & chopped
- 1 cup** red wine
- ¼ cup** olive oil, divided
- 2 tbsp** garlic, finely chopped
- 2 tbsp** flat-leaf parsley, finely chopped, for garnish
- Salt & pepper, to taste

DIRECTIONS

- 1** Preheat oven to 325°F.
- 2** In an oven safe pot, heat 2 tablespoons of oil on medium-high heat. Season oxtail with salt and pepper, then sear until browned, about 10 minutes on each side. Remove meat and set aside.
- 3** In the same pot, add remaining oil, onions, carrots, garlic and tomatoes and cook for 10 minutes. Add in bell peppers and cook for 2 minutes. Remove vegetables from pot and set aside.
- 4** Add wine to pot and reduce for 1 minute. Next, add back in the oxtail and vegetables, then add stock, and bay leaves. Bring to a boil, stir, cover, and place in oven.
- 5** Cook for 3 hours, checking every hour to make sure the liquid has not fully reduced.
- 6** To serve, remove bay leaves and season with salt & pepper to taste. Add parsley and serve.