

OXTAIL CARIBBEAN STEW

Recipe contributed by @WyleGourmet

INGREDIENTS:

For Bone Broth

- One large oxtail disjointed
- 2 Tbsp cooking oil
- 1 quart water or more to cover
- One whole quartered onion with skin
- 3 celery stalks
- Half of one fennel with fronds
- One bunch of green onions
- One sprig of thyme, rosemary, oregano, tarragon, sage and/or any other aromatics you have on hand excluding dill and mint. REMOVE ALL AROMATIC HERBS AFTER ONE HOUR.
- 2 tsp kosher salt
- 1 tsp white pepper



Strain bone broth and reserve oxtail pieces to the side and throw out the veggies and herbs (Stop here for Bone Broth only)

For Caribbean Stew

- ½ sweet onion chopped
- 2 whole carrots chopped
- 3 stalks celery chopped
- ½ green bell pepper chopped
- 1 minced clove of garlic
- 1 tsp red chili flakes

Strain broth and reserve vegetables for stew

- 1 ½ Cups Bone Broth (from recipe above)
- ¼ cup brown sugar
- 1 Tbsp Braggs amino acids or soy sauce
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Beef Bouillon (Better than Bouillon or your favorite)
- 3 Tbsp balsamic vinegar
- 1 Tbsp tomato paste
- 1 Tbsp ketchup
- 2 tsp allspice
- 1 tsp ground ginger
- 1 tsp ground onion
- 1 tsp browning sauce
- ¼ Cup of water with 2 Tbsp cornstarch (make a slurry by stirring together)
- One diced tomato
- 1 drained can of butter beans



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DIRECTIONS:

For Bone Broth: Disjoint your oxtail and season with salt and pepper then sear all sides well in 2 Tbsp of hot cooking oil.

Add the next 8 ingredients to the pot using enough water to cover all. Bring to a boil on top of the stove. Place a lid on the pot and put into the oven at 250F for one hour then remove the aromatic herbs. Put the lid back on and continue to braise for 4 more hours.

After four hours strain the solids from the broth and set the oxtail bones to the side. Stop here for Bone Broth only.



For Carribean Stew: Add the vegetables into the strained broth (the next 6 ingredients) and let them cook on the stove top for 45 minutes, or until the carrots are tender. This will depend largely on how thick you cut your carrots.

While the vegetables are cooking get the brown sugar, soy sauce, worcestershire, bouillon, balsamic vinegar, tomato paste, ketchup, allspice, ginger, ground onion and browning sauce together in a bowl and mix well.

If you would like to turn the heat up on this add 1-2 tsp of habanero or scotch bonnet hot sauce to the above mixture. Strain the vegetables from the broth and reserve them in a bowl.

Back into the original pot add 1 ½ cups of the broth you have just made and reserve the rest of the broth in a bowl or jar with a lid and keep it in the fridge. After the extra broth cools you can easily spoon off the top layer of fat, after a night in the fridge, and now you have a great start to another soup or stew with some great broth that is full of collagen and nutrients. Or you can just drink it if you would like...it's good for you!

To the 1 ½ Cups broth in the original pot add the mixture you made while the veggies were cooking and bring it to a simmer. Add the cornstarch slurry and stir until the mixture starts to thicken, add the vegetables and the oxtail back into the pot. Stir to mix well and turn off the heat. Add the tomato and butter beans last and stir gently as they will break up.

Serve Oxtail Caribbean Stew over rice, mashed potatoes or noodles with a side of coleslaw (just add some pineapple tid bits to make the slaw Caribbean) and some banana fritters for a true Caribbean experience.