
Red Wine Braised Oxtail Stew

Total time: 4 hrs Yield: 6 Servings

Ingredients

3 lb oxtail (bone-in short ribs can be substituted)
3 Tbsp olive oil
4 ginger slices
5 clove garlic (smashed)
3 stalks green onions
1 large onion (large dices)
1 bottle red wine
1 cup soy sauce
2 Tbsp brown sugar
2 Tbsp rice vinegar
1 can beef broth (14 oz. can)
1 can diced tomatoes
5 sprigs thyme
3 bay leaves
3 carrots (cut into 2" pieces)
2 potatoes (cut into 2" pieces)
1 daikon (optional)

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Instructions

Preheat oven to 375° F. Fill a large pot with water, bring to a boil. Parboil the oxtails for 30 to 45 minutes to cook excess fat and tenderize the oxtail meat. Rinse and drain when done. Heat a separate pot, then add 3 tablespoons oil, ginger, garlic and green onion and stir-fry for 2 minutes. Add in onions and cook another 2 minutes. Increase heat to medium high, pour in the red wine and let reduce for 3 minutes. Then add in the soy sauce, ¼ cup + 2 tablespoons brown sugar, vinegar, beef broth, diced tomatoes, thyme and bay leaves. Place the oxtails, carrots, potatoes and daikon on top. Bring it to a boil, cover and cook in the oven for 3 hours. Alternatively, the stew may also be simmered on the stove for 2 to 3 hours, or placed in a slow cooker on low for 8 to 10 hours. Serve with rice.

Recipe brought to you by:

Chef Joanne Chang

Source:

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