



Ox Tail Salmis

Servings: 2 people

Prep Time: 30 minutes

Cook Time: 4 hours slow cooker

Ingredients:

1. 3-4 tablespoons oil, 2 teaspoons Fresh Garlic Paste, 2 teaspoons Fresh Ginger Paste.
2. 4 bay Leaves, fresh thyme & parsley, ½ teaspoons cinnamon & cloves powder, fennel.
3. Salt & pepper (I used whole) (2-3 teaspoons, to taste).
4. 2 Onions diced (white or red), tomatoes diced (seeds removed), 3 carrots diced, mushrooms diced.
5. 6 pieces Ox Tail.
6. 1 cup Beef Stock and ¾ bottle of red wine.

Instructions:

1. Mix oil, garlic, ginger, bay leaves, thyme, parsley, cinnamon, cloves, fennel, salt, and pepper with oxtail. Refrigerate overnight.
2. The next day heat 1 tablespoon oil in the slowcooker. Add onions & tomatoes, then add the marinated oxtail mix.
3. Add the beef stock and the wine to the slowcooker.
4. Cook for 4 hours or until the meat falls off the bone.
5. Garnish with fresh parsley and serve with bread or rice, chutney and green salad.

Bon Appétit!