



COOKING PASSION SINCE 1877

BRAISED OXTAILS WITH STAR ANISE BY ANNABEL LANGBEIN



Serves 6

INGREDIENTS

About 2 kg oxtail (or beef shin pieces or lamb shanks)
Salt and ground black pepper, to taste
About 18 thin slices fresh ginger
4 whole star anise
4 dried chillies
2 –3 whole heads garlic, halved crossways
Zest of ½ orange, cut with a vegetable peeler
2 cups tomato juice
2 cups water
¼ cup soy sauce
2 tbsp rice wine vinegar
1 tbsp soft brown sugar
Coriander/cilantro leaves or sprigs, to serve

METHOD

Preheat oven to 220°C fan bake and line a large roasting dish with baking paper for easy clean-up. Season oxtails with salt and pepper, arrange in a single layer in the prepared dish and roast for 30 minutes until well browned.

Drain fat from roasting dish and discard. Add all remaining ingredients (except coriander) to roasting dish with oxtails and stir to combine. Cover with baking paper to stop any exposed meat from drying out then cover with tin foil or a tight-fitting lid. Reduce heat to 160°C fan bake and cook until very tender (about 3 hours). Adjust seasonings to taste and garnish with coriander to serve.