



CHEF'S
TALK

Rabo de Toro

(Spanish Oxtail Stew)



PREP TIME: 15 MINUTES | COOK TIME: 3½ HOURS | SERVES: 6

Ingredients

Rumba® Beef Oxtails (2 packages)
Salt and black pepper, as needed
5 tablespoons olive oil, divided
1 onion, sliced
2 carrots, sliced
1 celery stalk, sliced
6 garlic cloves, smashed
1 bay leaf
½ teaspoon black peppercorns
1 teaspoon Spanish paprika
½ teaspoon crushed red pepper flakes
½ bunch fresh Italian flatleaf parsley, rough
chopped
2 cups red wine (such as Spanish Rioja)
3 cups beef stock
½ cup Spanish dry sherry (optional)
1 onion, finely chopped
1 carrot, finely chopped
2 garlic cloves, finely chopped
2 tablespoons flour
3 tablespoons tomato paste
Fresh parsley, as needed

Instructions

Preheat oven to 300°F.

Season oxtails with salt and black pepper. Heat 2 tablespoons olive oil in Dutch oven over medium-high heat. Working in several smaller batches, add oxtails and brown on all sides. Remove from pan and set aside. Add onions, carrot, celery and garlic; cook over medium-low heat for 5 minutes.

Add browned oxtails, bay leaf, peppercorns, paprika, crushed red pepper, parsley, red wine, beef stock and sherry. Bring to a boil, cover and transfer to oven. Slow-braise oxtails for 3 hours or until meat easily pulls away from bone.

Remove oxtails from liquid and set aside. Strain liquid and reserve.

Heat 3 tablespoons olive oil in Dutch oven. Add chopped onions, carrots and garlic; cook over medium-low heat for 5 minutes or until tender. Add flour and stir to blend; cook over low heat, stirring frequently for 2 minutes. Add tomato paste and strained liquid; stir until blended. Simmer over low heat until reduced to a rich sauce. Taste and adjust seasoning, if needed. Add oxtails and simmer until fully heated.

To serve, garnish stew with parsley. Accompany with fried potatoes, if desired.