



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.