



Garden Fresh Farm Recipes

Oxtail Slow Cooker

Oxtail stew cooked in a slow cooker is a hearty and flavorful dish that transforms tough, collagen-rich oxtail into tender, fall-off-the-bone meat. Here's what makes it special:

Oxtail pieces - The star ingredient, providing rich, gelatinous meat and a depth of flavor.
Vegetables - carrots, onions, celery, and potatoes for a hearty base. **Aromatics and Seasoning:** Garlic, thyme, bay leaves, salt, and pepper enhance the flavors. A combination of beef broth, red wine, or tomato sauce creates a thick, savory gravy.

The stew has a luscious texture, with tender oxtail meat and vegetables soaked in a rich, flavorful gravy. It's often served with crusty bread, rice, or mashed potatoes, making it a perfect comfort food for colder days.

Ingredients:

- 2-3 lbs oxtail, cut into pieces
- 1 onion, chopped
- 2 carrots, chopped
- 3 celery stalks, chopped
- 4 garlic cloves, minced
- 1 can 14 oz diced tomatoes
- 2 tbsp tomato paste
- 2 cups beef or chicken stock
- 1 cup red wine (optional, or substitute with stock)
- 2 tbsp Worcestershire sauce
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 tsp ground allspice (optional, for a Caribbean flavor)
- Salt and pepper, to taste
- 2 tbsp olive oil (for browning)
- Fresh parsley, for garnish



Directions:

Pat the oxtail dry with paper towels. Season with salt and pepper. Heat oil in a skillet over medium-high heat. Sear the oxtail on all sides until browned (about 5 minutes per batch). Transfer to the slow cooker.



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In the same skillet, add onions, carrots, and celery. Sauté for 5 minutes until softened. Add garlic and cook for 1 minute. Transfer to the slow cooker.

Add red wine (if using) to the skillet to deglaze, scraping up any browned bits. Let it simmer for 2-3 minutes, then pour it into the slow cooker.

Add diced tomatoes, tomato paste, beef stock, Worcestershire sauce, bay leaves, thyme, smoked paprika, and allspice to the slow cooker. Stir to combine.

Cover and cook on LOW for 8-10 hours or HIGH for 5-6 hours, until the oxtail is tender and falling off the bone.

Remove bay leaves. Skim off any excess fat from the surface. Taste and adjust seasoning with salt and pepper as needed.

Serve the oxtail with rice, mashed potatoes, or crusty bread. Garnish with fresh parsley.