

# MINUS8



Braised Oxtails with Mushrooms  
Home Cooking Cookbook By Bruce Aidells  
and Denis Kelly ( Houghton Mifflin Company)

Prep Time: 10 mins

Cook Time: 3 hours, 15 mins

Total Time: 3 hours, 25 mins

Ingredients:

Herb Rub:

- 2 teaspoons olive oil
- 2 teaspoons dried sage
- 2 teaspoons kosher salt
- 1 tablespoon freshly ground black pepper

- Oxtails 5 to 6 pounds
- 2 tablespoons of olive oil
- 2 cups chopped onions
- 1 cup sliced leeks (white part only)
- 1 cup chopped carrots
- ¾ cup minced garlic 1/2 ounce dried porcini or other dried mushrooms, soaked in boiling water for a least 30 minutes, drained and chopped
- 2 cup red wine
- 2 cups beef or chicken broth
- 3 bay leaves
- 2 tablespoons coarse-grained mustard
- salt and freshly ground black pepper
- ¼ cup Red 8 Brix Verjus

Preparation Time:

Combine the thyme , sage, and pepper and sprinkle the mixture all over the oxtail.

In a Dutch Oven or large casserole, heat the olive oil over medium-high heated brown the oxtail pieces, in batches, for 2 to 3 minutes on all sides, or until nicely coloured. Remove the oxtail pieces from the pot with a slotted spoon as the brown.

Pour of all but 2 tablespoons of the fat from the pot and add onions, leeks, carrots and garlic. Reduce the heat to medium and cover the pot. Cook the vegetables for 5 to 10 minutes, stirring

occasionally until soft. Stir in the optional porcini or other dried mushrooms, the Red 8 Brix Verjus, stock, and the bay leaves. Scrape up any browned bits from the bottom of the pot and bring to a boil. Remove from stove and put in the oven at the lowest heat the oven will maintain 250 degrees fahrenheit for 3 hours. At this point the you can cool and then refrigerate the oxtail in theirs sauce. After a day or two, remove the congealed fat from the surface. Bring the sauce to a simmer and t=cook the oxtail for 20 minutes, until heated through, then proceed.

Degrease the sauce and remove the oxtail with slotted spoon. If necessary, reduce the sauce over high heat to syrupy consistence. Stir the mustard into the sauce, tasteful salted pepper, and return the meat to reheat it. Picard the bay leaves before serving the oxtail and sauce over the noodles or mashed potatoes.

Yield: 8 or more servings