

Pro Tip Recipes

PREP TIME 30 MIN | COOK TIME 4-5 HOURS | SERVES 10

BEEF OXTAIL MINESTRONE

Method

1. For Oxtail: Pre-heat combi oven to 160 ° C, 70% dry heat 30% steam.
2. Heat half the oil in a large frying pan, add celery, carrots, onions and garlic, cook stirring for 10 minutes or until lightly golden. Remove to a gastronome.
3. Dust oxtail in flour until lightly coated. Re heat remaining oil in the same frying pan, add oxtail, in batches and cook for 2-3 minutes or until browned. Place on top of vegetables, add stock. Cover with baking paper and foil wrapped tightly around gastronome, cook for 4 - 4 1/2 hours.
4. For Minestrone: Heat oil in the pan over medium-high heat. Add garlic, onion, celery, fennel, carrot, sauté for 10 minutes or until vegetables begin to soften. Add crushed tomatoes stock, zucchini, kalettes, cannelloni beans and peas. Bring to the boil. Reduce heat and simmer for 10 minutes.
5. To serve: Place oxtail into middle of bowl, top with soup, extra peas, pesto and sharp parmesan shavings. Serve with chargrilled crusty bread.

INGREDIENT LIST

Beef

- Beef, Oxtail Pieces, 3kg
- plain flour for dusting

Mirepoix

- 200g celery, chopped
- 200g carrots, chopped
- 200g brown onions, chopped
- 15g garlic, crushed
- 1 litre stock

Minestrone

- 30mls olive oil
- 30g garlic, finely chopped
- 200g brown onions, finely diced
- 200g celery, finely chopped
- 400g fennel bulbs, trimmed, finely chopped
- 200g carrots, peeled, finely diced
- 400g crushed tomatoes
- 1.5 litres beef stock
- 240g zucchini, finely chopped
- 200g kalettes
- 400g can cannelloni beans, drained and rinsed

- 200g frozen peas, plus extra to serve
- Basil pesto and or shaved parmesan to serve
- Chargrilled crusty bread to serve

Serving Suggestions

- Fresh garden peas
- Pesto
- Sharp parmesan cheese shavings
- Crusty bread

