

Caribbean Oxtail Stew

From The Illustrated Food and Cooking of the Caribbean Central and South America by Jenni Fleetwood and Marina Filipeli

Serves 4

submitted by Betsy Ding

Ingredients

- 3 1/2 lbs oxtails, chopped into pieces
- 1 onion, finely chopped
- 3 bay leaves
- 4 fresh thyme sprigs
- 3 whole cloves
- 7 1/2 cups water
- 15 oz butter beans or lima beans or navy beans, drained
- 2 garlic cloves, crushed
- 1 Tbsp tomato paste
- 14 oz diced tomatoes
- 1 tsp ground allspice
- 1 hot chili pepper
- salt & freshly ground black pepper

Preparation

1. In a large soup pot or Dutch oven, place oxtails, onion, bay leaves, thyme, cloves, and water. Bring to a boil, cover, reduce heat and simmer until meat is tender, about 2 1/2 hours. (Alternatively, place ingredients in a pressure cooker, cover, bring to pressure, reduce heat, and cook until meat is tender, about 1 hour).



2. Once the oxtails are cooked, add garlic, tomato paste, tomatoes, allspice, chili pepper, season with salt and pepper
3. stir in the beans and simmer, covered 20 minutes (10 minutes in a pressure cooker).

Note: May want to do step 1 the night before. Chill and skim fat the next day before proceeding with the next steps.