

# *Slow cooked Oxtail with Red Wine and McGregor Herbes de Provence*

Serves 4

## *Ingredients*

1 oxtail (probably about 800g to 1kg)  
4 – 8 carrots (peeled (or not) but left whole) - makes for prettier presentation (and they don't turn to mush)  
1 onion finely chopped  
1 or 2 cloves garlic  
vegetable oil  
1 cup beef stock (250ml)  
1 glass red wine (125 - 175ml)  
1 bay leaf

### McGregor Herbes de Provence

2 tablespoons seasoned flour  
Salt & pepper



## *What to do*

1. Roll the oxtail pieces in the seasoned flour.
2. In a large frying pan or skillet, with a little oil, brown the individual pieces. Place in the slow cooker.
3. Lay the prepared whole carrots in the slow cooker with the bay leaf, on top of the browned meat.
4. In the pan, add a little more oil if necessary and sauté the onion until glossy and transparent.
5. Add the herbs of choice and sauté for a little longer. Then add the stock to de-glaze the pan. Then add all the liquids to the slow cooker. If the oxtail isn't just about covered, add a little more water.
6. Cover and cook on high for about 5 hours. If you have more time (like 7 – 8 hours), put on auto or low.
7. About an hour before serving, check the consistency of the gravy. If not to your liking, remove a little of the liquid and add it slowly to a dessertspoon of flour until you have a smooth paste. Add this to the stew and leave for an hour.
8. Adjust the seasoning at this point. If you are using commercial stock (cubes), only add salt at this stage.
9. Serve with mashed potatoes, the whole carrots and a green vegetable like fresh peas, beans or broccoli.

## *Rustic Mustard mash*

Cut up, but do not peel the potatoes, and once cooked, drain and return to the pot. Mash with butter, a dash of milk, seasoning and a 1 to 3 teaspoons (to taste) of whole grain mustard.

