

# Braised Oxtail

*(Recipe Compliments of WoodsEdge Farm)*

## Ingredients:

4.5 pounds of WoodsEdge oxtail  
1 head of garlic, individual cloves peeled & sliced in half  
2 pounds shallots, halved and finely sliced  
2-3 bay leaves  
8-10 sprigs of fresh thyme  
8-10 sprigs of fresh parsley  
1-2 tablespoons of oil  
1 quart of yak or beef stock  
1 bottle of good red wine suitable for cooking  
Freshly cracked black pepper  
Salt



## Preparation:

1. Preheat your oven to 330 degrees.
2. Wash the oxtail and trim off excess fat with a sharp knife. Next, heat the oil in a heavy bottomed frying pan over medium-high heat and brown the pieces of oxtail on all sides.
3. You are now ready to assemble your oxtail for braising. Spread a layer of shallots and garlic on the bottom of your braising pot. Lay the oxtail pieces in a single layer, trying to fit in as many as possible. Cover with herbs and another layer of shallots and garlic. Continue until you've used up all of your oxtail, then pour the wine and stock over everything. The liquid should just cover the oxtail – if it does not, you can add a little bit of water. Add a few grinds of black pepper, and cover everything with a parchment lid and then cover the pot. (A parchment lid is a piece of parchment paper cut in the shape of your pot that lies directly over the meat; it helps to prevent excess moisture from escaping.)
4. Put the pot in the oven and braise for four hours. At the end of the four hours, carefully remove the oxtail from the pot and strain the remaining liquid. Reduce the liquid until it is a thick and syrupy glaze, and taste and adjust seasonings, adding salt if necessary. Return the oxtail to the pot, cover with the glaze, and reheat in the oven for an additional 20-30 minutes and serve.

**Bon Appetite!**

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**WoodsEdge Farm**  
— *Tibetan Yaks* —  
STOCKTON, N.J.