



SOUTH AFRICAN

Oxtail Potjie

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	3 hr 30 min	Stew	Oxtail

Ingredients

- 1.8 kg (4 lb) oxtail, cut into segments
- 3 tbsp all-purpose flour
- 2 tsp salt
- 1 tsp black pepper
- 3 tbsp vegetable oil
- 2 onions, sliced
- 4 cloves garlic, crushed
- 1 tbsp tomato paste
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 250 ml (1 cup) dry red wine
- 500 ml (2 cups) beef stock
- 2 tbsp chutney (Mrs Ball's or apricot jam)
- 2 bay leaves
- 3 carrots, in chunks
- 500 g (1 lb) baby potatoes, halved
- 150 g (1 cup) frozen peas (optional)

Steps

1. Toss the oxtail with the flour, salt and pepper. Heat 2 tbsp oil in a heavy cast-iron pot over medium-high heat (or over a bed of coals).
2. Sear the oxtail in batches until well browned all over, about 4 minutes per side. Set aside.
3. Lower to medium, add the remaining oil and the onions, and cook 6 minutes until soft and golden. Stir in garlic, tomato paste and the spices for 1 minute.
4. Pour in the wine and scrape up the browned bits. Boil 3 minutes, then add the stock, chutney and bay.
5. Return the oxtail, cover, and stew on very low heat for 2½ hours without stirring much, so the layers stay intact, until the meat is nearly tender.
6. Lay the carrots then the potatoes on top. Cover and cook 45 minutes more, until both are soft and the meat comes off the bone.
7. Stir in the peas, if using, and cook 5 minutes. Taste for salt and serve.

Notes

- **True potjie:** the traditional three-legged pot is layered, not stirred, and cooked over embers with a lid kept on.
- **Serving:** pap, crusty bread or rice, with a tomato-onion salad.
- **Make ahead:** excellent the next day; reheat over low heat until steaming hot. Keeps 3–4 days, or freezes 3 months.
- **Slow cooker:** brown and build the sauce as written, then cook on low 8–9 hr, adding the carrots and potatoes for the last 2 hr and leaving the lid off on high to thicken.