AMERICAN

Pressure Cooker Oxtail Stew

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**15 min**	**1 hr 45 min**	**Pressure-cook**	**Oxtail**

Ingredients

- 1.2 kg (2⅔ lb) oxtail, cut into segments
- 1½ tsp salt
- ½ tsp black pepper
- 2 tbsp vegetable oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 120 ml (½ cup) red wine or extra stock
- 500 ml (2 cups) beef stock
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 1 tsp dried thyme
- 3 carrots, cut into chunks
- 500 g (1 lb) potatoes, in large chunks
- 1 tbsp cornstarch mixed with 1 tbsp water (optional)

Steps

1. Season the oxtail with the salt and pepper. Heat the oil in the pressure cooker on the sauté setting, or over medium-high heat.
2. Sear the oxtail in two batches until browned, about 4 minutes per side. Set aside.
3. Add the onion and cook 4 minutes until soft, then stir in the garlic and tomato paste for 1 minute.
4. Pour in the wine and deglaze, scraping the base, until nothing is stuck. Add the stock, Worcestershire, bay and thyme.
5. Return the oxtail, lock the lid, and pressure-cook on high for 50 minutes. Let the pressure release naturally for 15 minutes, then vent the rest.
6. Add the carrots and potatoes. Re-seal and cook on high for 5 minutes, then quick-release.
7. If you want a thicker sauce, set to sauté, stir in the cornstarch slurry, and simmer 2 minutes until glossy. Skim the fat and adjust the salt.

Notes

- **Texture:** if the meat is not yet tender, seal and cook 10 more minutes.
- **Other cuts:** beef shank or braising ribs work well at the same time.
- **Make ahead:** keeps 3–4 days, and freezes for 3 months. Reheat until steaming hot.
- **Chef's touch:** stir in 1 tsp red wine vinegar at the end; the acid brightens the rich sauce.