



SPANISH (ANDALUSIA)

Rabo de Toro

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	3 hr 30 min	Braise	Oxtail

Ingredients

- 1.8 kg (4 lb) oxtail, cut into segments
- 1½ tsp salt
- 3 tbsp all-purpose flour
- 4 tbsp olive oil
- 2 onions, chopped
- 1 leek, sliced
- 3 carrots, diced
- 6 cloves garlic, peeled
- 2 tbsp tomato paste
- 1 tsp sweet smoked paprika
- 2 tbsp brandy (optional)
- 400 ml (1⅔ cups) dry red wine
- 500 ml (2 cups) beef stock
- 2 bay leaves
- 4 sprigs thyme
- Thick-cut fries or roast potatoes, to serve

Steps

1. Season the oxtail with the salt and dust lightly with flour. Heat 3 tbsp oil in a heavy casserole over medium-high heat.
2. Sear the oxtail in batches until well browned all over, about 5 minutes per batch. Set aside.
3. Lower to medium, add the remaining oil, onions, leek, carrots and garlic. Cook 10 minutes until soft and golden.
4. Stir in the tomato paste and paprika for 1 minute, then add the brandy and wine. Deglaze, scraping the base, and boil 5 minutes until reduced by about a third.
5. Return the oxtail, add the stock, bay and thyme. The liquid should come about two-thirds up the meat.
6. Cover and braise in a 160°C (325°F) oven for 3 hours, turning the pieces once, until the meat slides off the bone.
7. Lift the oxtail out. Skim the fat, then blend or mash the vegetables into the sauce. Boil it for 5 to 10 minutes until it coats a spoon.
8. Return the meat to the sauce and warm through for 5 minutes.

Notes

- **Make ahead:** chill overnight so the fat sets for easy removal; reheat gently until steaming hot. Keeps 3–4 days, or freezes 3 months.
- **Serving:** fried potatoes are traditional in Córdoba, to mop up the sauce.
- **Wine:** use something you would drink; a fruity Spanish tempranillo works well.
- **Slow cooker:** brown and build the sauce as written, then cook on low 8–9 hr. Blend the vegetables into the sauce, then reduce it on the stove.
- **Chef's touch:** stir in a few drops of sherry vinegar at the end; it lifts the deep, rich sauce.