

oxtail slow cooker recipe jamie oliver

Oxtail slow cooker recipe Jamie Oliver is a delightful way to prepare this rich and flavorful cut of meat. Jamie Oliver, the renowned British chef, has inspired many cooking enthusiasts with his simple yet effective recipes that highlight the natural flavors of ingredients. Oxtail, traditionally a less popular cut, has surged in popularity thanks to its tender texture and ability to absorb flavors, making it perfect for slow cooking. In this article, we will delve into the details of crafting a mouthwatering oxtail dish using a slow cooker, inspired by Jamie Oliver's culinary techniques.

Understanding Oxtail

Oxtail is the culinary term for the tail of cattle. It is a bony, gelatin-rich meat that becomes incredibly tender and flavorful when cooked slowly. Here are some reasons why oxtail is a fantastic choice for your next meal:

1. Rich Flavor: Oxtail has a deep, beefy flavor that intensifies when slow-cooked.
2. Tender Texture: The long cooking time allows the collagen in the meat to break down, resulting in a tender and melt-in-your-mouth experience.
3. Versatility: Oxtail can be used in various dishes, from stews to soups, and pairs well with many herbs and spices.

Ingredients for Oxtail Slow Cooker Recipe

To create a delicious oxtail slow cooker recipe inspired by Jamie Oliver, you will need the following ingredients:

- Oxtail: 1.5 to 2 kg, cut into pieces
- Olive oil: 2 tablespoons
- Onions: 2 large, diced
- Carrots: 2 medium, chopped
- Celery: 2 sticks, chopped
- Garlic: 4 cloves, minced
- Tomato paste: 2 tablespoons
- Red wine: 200 ml (optional)
- Beef stock: 1 liter
- Bay leaves: 2
- Thyme: 2 sprigs (fresh) or 1 teaspoon (dried)
- Salt and pepper: to taste
- Fresh parsley: for garnish

Additional Flavor Enhancers

Feel free to add some of these ingredients to elevate the flavor profile of your oxtail dish:

- Mushrooms: Sautéed or added directly for an earthy flavor.
- Chili flakes: For a spicy kick.
- Canned tomatoes: To add acidity and sweetness.
- Lemon zest: For a fresh, bright note.

Preparing the Oxtail

Before you start cooking, preparation is key to ensuring that your oxtail dish is full of flavor. Follow these steps:

1. Sear the Oxtail:

- Heat olive oil in a large skillet over medium-high heat.
- Season the oxtail pieces with salt and pepper.
- Add the oxtail to the skillet in batches, searing each side until browned (about 4-5 minutes per side). This step is crucial as it develops a rich flavor through caramelization.

2. Sauté the Vegetables:

- In the same skillet, add a little more olive oil if needed and add the diced onions, carrots, and celery.
- Sauté for about 5-7 minutes until the vegetables are softened.
- Add minced garlic and cook for another minute until fragrant.

3. Deglaze the Pan:

- If using red wine, pour it into the skillet to deglaze, scraping up any browned bits from the bottom.
- Allow the wine to reduce for about 2-3 minutes.

Cooking in the Slow Cooker

Once your oxtail is seared and your vegetables are sautéed, it's time to combine everything in the slow cooker.

1. Transfer Ingredients:

- Place the seared oxtail pieces in the slow cooker.
- Add the sautéed vegetables on top.

2. Add the Remaining Ingredients:

- Stir in the tomato paste, beef stock, bay leaves, and thyme.
- Ensure the oxtail is mostly covered with liquid. If necessary, add more stock or water.

3. Set the Slow Cooker:

- Cover the slow cooker with its lid and set it to low for 8-10 hours or high for 4-6 hours. The low setting is preferable for more tender meat.
- Don't forget to check and stir occasionally if possible.

Finishing Touches

Once the oxtail is cooked and tender, it's time to finish the dish and serve.

1. Remove the Oxtail:

- Carefully take the oxtail pieces out of the slow cooker. The meat will be very tender, so handle it gently.

2. Thicken the Sauce:

- If desired, you can thicken the sauce left in the slow cooker. Remove the bay leaves and thyme sprigs.
- You can blend the sauce for a smoother texture or leave it chunky for a rustic feel. If using a stovetop, you can also simmer it on medium heat to reduce.

3. Serve:

- Place the oxtail back in the sauce or arrange it on a plate.
- Garnish with freshly chopped parsley for a pop of color.

Pairing Suggestions

The rich flavor of oxtail pairs beautifully with various sides. Here are a few ideas:

- Mashed Potatoes: Creamy potatoes absorb the sauce perfectly.
- Polenta: A hearty, comforting side that complements the dish.
- Crusty Bread: Perfect for soaking up the delicious sauce.
- Seasonal Vegetables: Roasted or steamed veggies add freshness.

Storing and Reheating Leftovers

If you have leftovers, they can be stored for later enjoyment:

1. Storing:

- Allow the oxtail to cool completely.
- Store it in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months.

2. Reheating:

- Reheat in a saucepan over medium heat until warmed through or in the microwave, adding a splash of water or stock to maintain moisture.

Conclusion

The oxtail slow cooker recipe Jamie Oliver is a perfect way to embrace the full, rich flavors

of this unique cut of meat. With the slow cooking method, you can create a comforting dish that is ideal for family dinners or gatherings with friends. The combination of searing the meat, sautéing the vegetables, and allowing the slow cooker to work its magic results in a meal that is both satisfying and memorable. So gather your ingredients, follow the steps, and enjoy the delightful flavors of this classic dish!

Frequently Asked Questions

What are the key ingredients in Jamie Oliver's oxtail slow cooker recipe?

Key ingredients typically include oxtail, onions, carrots, celery, garlic, tomatoes, red wine, beef stock, and herbs such as thyme and bay leaves.

How long does it take to cook oxtail in a slow cooker according to Jamie Oliver?

Jamie Oliver's recipe usually suggests cooking the oxtail in a slow cooker for about 6 to 8 hours on low heat for the best results.

Can I use a different cut of meat instead of oxtail in Jamie Oliver's slow cooker recipe?

While oxtail is recommended for its rich flavor and texture, you can substitute it with other beef cuts like chuck or brisket, but the cooking time may vary.

What are some recommended sides to serve with oxtail from Jamie Oliver's slow cooker recipe?

Recommended sides include creamy mashed potatoes, polenta, or crusty bread to soak up the delicious sauce.

Is it possible to prepare Jamie Oliver's oxtail slow cooker recipe in advance?

Yes, you can prepare the ingredients in advance and store them in the fridge. You can also cook the oxtail ahead of time and reheat it when ready to serve.

What tips does Jamie Oliver provide for enhancing the flavor of oxtail in a slow cooker?

Jamie suggests browning the oxtail before adding it to the slow cooker and using quality red wine and beef stock to deepen the flavor.

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