

CHEERS

tops!



RICH OXTAIL RAMEN

MAKES 3 LITRES

You can use beef shin, but oxtail imparts a really delicious flavour and is a rich source of both gelatine and collagen. The cabbage ribbons serve as a low-carb, gluten-free alternative to traditional wheat-based noodles in this ramen-type dish.

INGREDIENTS

- 1 large oxtail (± 1.5 kg), sliced into 6 pieces
- Salt to taste
- 3 Tbsp olive oil
- 1 onion, peeled and roughly chopped
- 2 cloves garlic, peeled and finely chopped
- 6 cm fresh ginger, peeled and finely chopped
- 2 celery sticks, roughly chopped
- 1 large carrot, peeled and roughly chopped
- 6 sprigs thyme
- 3 fresh or dried bay leaves
- 2 cinnamon sticks
- 5 allspice berries
- 2 star anise
- 1 cup (250 ml) red wine
- 2–3 Tbsp tomato paste
- 3 Tbsp soy sauce
- 3 litres chilled Meaty Bone Broth (page 58) or beef stock
- 3 cups thickly sliced green cabbage
- 200 g shiitake mushrooms
- 200 g Tenderstem® broccoli, halved lengthways
- Coriander leaves, for serving
- Sesame seeds, for serving

METHOD

Season the oxtail all over with salt. Heat the oil in a large heavy-based saucepan over medium heat and brown the pieces on all sides. Remove with a slotted spoon and set aside.

Add the onion, garlic, ginger, celery and carrot and cook until soft and caramelized. Tie the thyme and bay leaves together with string and add to the saucepan, along with all the spices, and cook for 4 minutes, until fragrant.

Add the wine and simmer for 2 minutes, scraping any residue off the bottom of the saucepan.

Return the oxtail to the saucepan. Add the tomato paste, soy sauce and beef broth or stock. Lower the heat and simmer, with the lid off, stirring occasionally, for 3–4 hours, or until the meat falls off the bone. Check after about 2 hours, and add a little warm water if it has reduced too much. Remove the oxtail from the soup, cool slightly, then use two forks to pull any remaining meat from the bones. Return the meat to the saucepan and discard the bones.

Add the cabbage ribbons, mushrooms, and broccoli and simmer for 15 minutes, until cooked. Add the coriander leaves and sesame seeds and stir through. Serve immediately or leave to cool completely before decanting into containers for freezing.

NOTE If you do not consume alcohol, replace the wine with an additional cup (250 ml) of beef broth or water.