



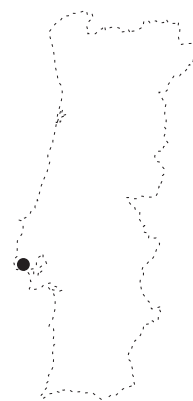
OXTAIL

INGREDIENTS

3 kg (approx) oxtail
Olive oil
1 large onion
5 garlic cloves
1 carrot
2 celery stalks
3 cloves
Rosemary
2 peeled tomatoes
salt/pepper
red wine
port wine
chicken stock

CHEF **RUI OLIVEIRA**
LOCAL **O ANTIGO CARTEIRO**
REGIÃO **PORTO**

WINE **ESPORÃO VERDELHO 2015**
OLIVE OIL **ESPORÃO DOP MOURA**



PREPARATION

Seal the oxtails thoroughly. Add the garlic cloves, the onion, the carrot, the celery and the tomatoes. Allow the mixture to braise well and add the rosemary. Season with salt and pepper, add the red wine and the port wine, and let reduce (until about one third). Add enough chicken stock to completely cover the oxtails. Stew for 4 hours, on very low heat. Serve with vegetable rice and fresh season vegetables (f.ex: green beans, fava beans).

Enjoy.

