



# Oxtail

By Paulette Daley

**Serves:** 4

**Active time:** 15 minutes

**Total time:** approximately 5 hours

## Ingredients

2 medium yellow onions, chopped  
6 stalks green scallion, chopped  
8 garlic cloves, diced  
10 sprigs organic thyme  
1 teaspoon ground allspice (pimento)  
1 red habanero (without seeds), diced

2 teaspoons sea salt (+ more as needed)  
2 lb oxtail  
2 tablespoons vegetable cooking oil  
1 (15.5 oz) can butter beans  
2 tablespoons ketchup  
Rice and peas, for serving

## Steps

1. Blend onions, scallions, garlic, thyme, allspice, habanero, and salt together in a small food processor.
2. Remove excess fat from oxtail.
3. Marinate oxtail in one-half blended seasoning for at least 2 hours in the refrigerator (24 hours preferred).
4. When ready to cook, preheat Dutch oven to medium heat, then add oil. When oil is hot, add the oxtail pieces flat-side down (do not overcrowd). Brown both sides; repeat until all the oxtail has been browned.
5. Pour off oil, then return oxtail to Dutch oven; pour in hot water to barely cover meat. Cover and cook on a low simmer until oxtail is almost tender (approximately 2 hours), adding water as needed.
6. When oxtail is almost tender, add butter beans, ketchup, and remaining half seasoning. Cook until oxtail is tender, stirring as needed.
7. Salt to taste. Serve hot with rice and peas.

