

Miele

Oxtail parmantier

By Shannon Bennett

30

Prep time

3 hours 30 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

100ml olive oil
1.8kg oxtail, cut into 5cm pieces
1 large carrot
1 stick celery
1 leek
2 brown onions, cut in half, peeled, chopped
1 head of garlic, cut in half
1 bouquet garni
250ml red wine
120g Gruyere cheese, grated
1 litre chicken stock
White pepper to taste

Chicken stock

2kg chicken carcasses
1 carrot, peeled and cut lengthways
1 large onion, cut in half
1 leek washed, root removed
3 garlic cloves
1 celery stalk, cut into 3cm lengths
5 peppercorns
1 bouquet garni
3 litres water

Pommes mousseline

1kg potatoes, peeled and diced
180g butter
2 tablespoons milk
Murray River Sea Salt to taste

METHOD

Chicken stock

1. Place vegetables, garlic and peppercorns into a large pot
2. and dry roast.
3. Add chicken bones and cover with water. Add bouquet garni and bring to the boil on medium heat, Induction setting 6.
4. Reduce heat to medium-low, Induction setting 3-4 and continue to cook for 4 hours.
5. Strain through a fine sieve.

Pommes mousseline

1. Place potatoes in perforated steam tray and Steam at 100°C
2. for 20 minutes.
3. Test with a skewer, if the skewer inserts easily, the potatoes are cooked.
4. Push potatoes through a potato ricer and then through a drum sieve.
5. Add the butter and milk, mix well to combine, your mash should be as smooth as silk.

Oxtail

1. Pre-heat oven to 110°C on Fan Plus.
2. Peel and wash vegetables.
3. Prepare leek for cooking by splitting through the centre and washing thoroughly, remove the green section, reserving the white for use.
4. Cut all vegetables into a 1cm dice.
5. Heat the olive oil in the Induction gourmet oven dish over high heat, Induction setting 8-9.
6. Add oxtail to the pan and brown on all sides.
7. Once the oxtail has browned, add the vegetables, garlic and bouquet garni, allow to caramelize slightly.
8. Deglaze the pan with red wine and continue to cook for 5 minutes.
9. Add the chicken stock and bring to a boil on Induction setting 8-9, reduce heat to medium, Induction setting 4-5 and simmer for 5 minutes.
10. Cover the oven dish with a lid or foil and place in the oven on shelf position 2 and cook for 3 hours.
11. Remove from the oven. The meat should fall away from the bone.
12. Strain the oxtail from the braising liquid, reserving the stock and allow to cool. Wash the oven dish ready for re-use.
13. Pass the braising liquid through a fine sieve and return to the Induction gourmet oven dish.
14. Over high heat, Induction setting 7-8, reduce the liquid by half and set aside.
15. Once the oxtail is cool enough to touch, pick the meat from the bone, discard the bones. Combine the meat and cooked vegetables, season with salt and white pepper.
16. Divide the oxtail mixture evenly between 4 x 200ml individual baking dishes. Top with reserved stock, up to the level of the meat.
17. Pipe pommes mousseline evenly over the top of each dish and top with 1 tablespoon of cheese.
18. Refrigerate for 15 minutes to set.

To serve

1. Pre-heat Grill at 240°C.
2. Place baking dishes in oven on shelf position 4 and cook for 25 minutes or until golden brown and heated through.

Hints and tips

- This recipe can also be baked in one large casserole dish rather than individual dishes.
- Ask your butcher to trim and cut the oxtail into 5cm pieces, as preparing the oxtail can be cumbersome.
- You can purchase bouquet garni from your local fruit and vegetable shop, alternatively you can make a bouquet garni by using thyme, bay leaves and peppercorns and wrap in muslin cloth.