



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.

Oxtall

- 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 caramelise slightly.

8. Deglaze the pan with red wine and continue to cook for

5 minutes.

- 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 dishand top with 1 tablespoon of cheese.
- 18. Refrigerate for 15 minutes to set.
- 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.