

CODA ALLA VACCINARA

ROMAN OXTAIL STEW



Ingredients for 4 :

- 1 beef oxtail (about 1,5 Kg)
- 12 celery stalks
- 2 carrots
- 1 big white onion
- some minced fresh parsley
- 50 gr. extra-virgin Italian olive oil
- Sea salt and freshly ground black pepper
- 200 ml Italian dry red wine
- 800 gr fresh Italian San Marzano tomatoes,
- 5 cloves
- 3 bay leaves

Preparation

1. Clean the oxtail under water and eliminate any fat and cut it.
2. Clean one celery, the carrots and the onion and cut them adding parsley.
3. Put the oil in a large pot over medium-high flame. Add the minced vegetables and sauté, stirring with a wooden spoon until the onion becomes golden..
4. Add the oxtail, some salt and cook for about 15 minutes.
5. Pour in the wine and boil to evaporate it.
6. Add the tomatoes and add a lot of water.

7. Add the cloves and the bay leaves.
8. Lower the heat to minimum and simmer, partially covered, for 2 hours adding water if needed.
9. Slice the remaining celery stalks into sticks the size of half a finger. Add them to the stew and simmer, covered, for 40 minutes.
10. Serve in soup bowls.

Notes

Oxtail meat and sauce is used also to dress fettuccine or other local pasta.