



Braised Oxtail with Prunes

Servings: 4

Active cooking time: 2 hour

Beverage pairings: Torrederos Crianza

This dish is great to prepare at the beginning of a long week or the day before you have guests coming over. Take it to step 7, cool it and just reheat it in the oven when you are ready for it. It plays well off the chocolate, cherry and flavors of the Crianza. It's a big dish that can stand up to the dark ruby wine. It's perfectly served with roasted root vegetables or sautéed green vegetables.

Ingredients

7 ounces	Dried Prunes, soaked in water overnight
2 ¼ lb	Beef Oxtail
1 each	Onion
1 each	Bay Leaf
6 each	Cloves
To taste	Salt
To taste	Pepper
As Needed	All purpose flour for dredging
½ cup	Olive oil
¼ lb	Bacon, cubed
2 each	Onions, diced
3 cloves	Garlic, diced
2 each	Carrots, peeled and sliced
1 sprig each	Thyme, Oregano, Parsley
1/8 teaspoon	Cinnamon, ground
1/8 teaspoon	Nutmeg, ground
1 cup	White wine
¼ cup	Pine nuts, toasted

Method of Preparation

1. Put the oxtail in a pan with one onion, bay leaf and cloves. Bring to a boil, reduce to a simmer and cook for about 1 hour. Skim the fat several times during the cooking process.
2. Drain well and pat the pieces of meat dry. Season them with salt and pepper then dredge in flour. Shake off any excess flour.
3. Heat the olive oil in a braising pan and brown meat. Remove from pan and set aside.
4. Brown the bacon, remaining onion, garlic and carrots in oil. Add the herbs, cinnamon and nutmeg and stir in the red wine. Return the oxtail to the pan.
5. Pour in just enough water to cover all of the ingredients.
6. Simmer over medium heat for 1 hour.
7. Stir in the prunes and season with salt and pepper.
8. Simmer for an additional 15 minutes.
9. Serve with toasted pine nuts.