

# Ox Tail Soup an all day project -

Takes about 8 hours -

1 or 2 square packs of oxtail or 1 oxtail + some raw beef trimmings. Trim off fat

1 large tin tomato juice 48 fl. oz.

1 large tin water 48 fl. oz.

8 carrots each 8" long or so, cut in pennies

6 medium onions chopped

8 stalks celery cut in 1/2" pieces. Some leaves as well as O.K.

No Salt There is plenty in the tomato juice

Flavoring 1 1/2 Tablespoons dried parsley

1/2 Tablespoon " oregano

1/2 Bay leaf (2" x 1/2")

1/2 Tablespoon dried thyme.

5 whole black pepper corns

5 whole cloves.

1/2 Tablespoon shaken-up Worcester Sauce)

1/4 Tablespoon Angostura Bitters

1 teaspoon sugar -

Put everything together in soup pot or large saucepan. Bring to boiling and stir in all the floating herbs. Turn down the heat to simmer, put on the lid & check from time to time for evaporation. Keep up the level of the soup by adding more water as necessary.



At first the soup was pale red fat floating on the top. As it perks gently the sugar will caramelize a little and the fat will gradually become a darker red. Spoon this off + throw away. When the oxtail is well done all the little round ends will come free of the bones like a lot of little wooden buttons with no holes. This is when you decide what you want to do next. I usually strain out the meat, bones and veges - Separate + chop as much of the meat as I can from the bones, fat and prizzle - Mash up or bleed the veges. Try to find as many of the little button bones as you can. As I say, this is how I do it. My mother always put some round steak in with the oxtail and we had it as a stew with mashed potatoes. I prefer it as hot soup and plain bread.

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