

## Caribbean Oxtail with Yuca and Swiss Chard

Recipe courtesy of Bren Herrera

### Ingredients:

- 2 tablespoons olive oil
- 2 pounds oxtail Kosher Salt
- Black pepper
- 1 vidalia onion, sliced
- 4 cloves garlic, thinly slices
- 1/3 cup Worcestershire
- 3 tablespoons tomato paste
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon ground white pepper
- 1 teaspoon dried oregano
- Garlic salt to taste
- 1teaspoon ground cumin
- 1 bay leaf
- 2 cups herbed beef stock
- 1 1/2 pounds frozen thawed or fresh yuca, cut in half crosswise
- 2 bunches or 10 stalks Rainbow Swiss chard, stemmed and cut in half

### Method:

1. Preheat the oven to 250 degrees.
2. Heat your favorite Dutch oven or heavy bottom pot over medium high heat.
3. Drizzle the pot with oil while it gets hot.
4. Season the oxtails with salt and black pepper.
5. Place oxtails in the pot and brown on all sides, turning gently, approximately 3-4 minutes. Once browned, transfer to a plate.
6. In the same pot saute the onions and garlic. Once the onions are translucent stir in the Worcestershire sauce and the tomato paste. Evenly coat the onions in the tomato paste.
7. Season onion and garlic mix with red pepper flakes, white pepper, oregano, garlic salt, and cumin. Give that a good stir and let it cook for a few minutes longer so that the onions soften.
8. Add in the beef broth, bay leaf, and stir into the onion mixture. Then add the oxtails back in and stir well to marry flavors. Turn the heat up to medium high and cook for about 10- 15 minutes.
9. Place a lid on it and transfer to the oven to cook low and slow.
10. Cook the oxtails for about 2 hours or until the oxtail meat is tender and falling off the bone.
11. About 30 minutes before they are finished add in the yucca and put back into the oven. Allow to finish cooking. Yucca should be a little more than al dente and not mushy.
12. Once the oxtails are removed from the oven, transfer back to the stove. Add in the Swiss chard leaves and allow the residual heat to cook until softened but not wilted.

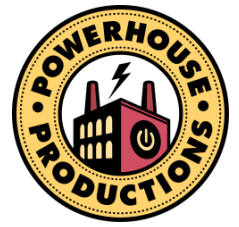
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13. While oxtails are resting, heat oil in a medium skillet over medium heat. Saute the halved Swiss chard stems for 3-4 minutes until golden brown. Place back into your pot of oxtail goodness for added texture and color.
14. ¡Buen Provecho!



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