

Oxtails and Bowties

Recipe courtesy of Chef Jernard Wells

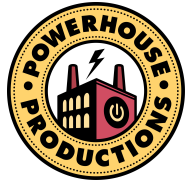
Yield: 4-6 servings

Ingredients:

3 tablespoons avocado or vegetable oil
2 carrots, large slices (you can use white carrots as well)
1 medium yellow onion, medium dice
4 cloves garlic, rough chopped
Kosher salt
Cracked black pepper
½ cup all purpose flour
4 pounds meaty oxtails
1 cup red wine
½ cup Tennessee whiskey
3 cups beef stock
¼ cup Worcestershire sauce
4 tablespoons (½ stick) butter
¼ cup loosely packed brown sugar
1 teaspoon allspice
1 teaspoon shaved fresh ginger
1 (15-ounce) can butter beans, drained and rinsed
1 cup heavy cream
1 pound bow tie pasta, cooked
Fresh rosemary, for garnish

Method:

1. In a large bowl, season the oxtails with salt and pepper. Sprinkle the flour over the oxtails and toss to coat.



2. Heat the oil in a large Dutch oven over medium heat. Add the oxtails into the pan and cook for about 5-6 minutes *depending on the size* on each side until golden brown. Pull the oxtails out of the pan and set aside.
3. Turn the heat to medium low and add the carrots, onions, and garlic and stir. Season with salt and pepper as desired. Cook for roughly 3-4 minutes so the carrots begin to soften.
4. Turn the heat up and deglaze the pot with red wine and whiskey for 2 minutes. Then add the Worcestershire, butter, brown sugar, all spice, and ginger into the Dutch oven.
5. Add the oxtails back in place, put a lid on and bring up to a simmer. Lower the heat to medium and cook for 2 ½ -3 hours or until the oxtails are tender and falling off the bone.
6. Add in the cream, butter beans, and pasta and cook for just until heated through. Serve with fresh rosemary.