



Oxtail Stew



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 kg oxtails with separated joints
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil extra virgin plus more for roasting the vegetables
- ☐ 1 medium onion yellow chopped
- ☐ 1 large carrots chopped
- ☐ 1 rib celery chopped
- ☐ 3 cloves garlic whole
- ☐ 1 bay leaf

- ☐ 1 pinch thyme leaves
- ☐ 950 ml veggie broth (chicken or beef)
- ☐ 475 ml red wine
- ☐ 2 carrots cut into 1-inch segments, large pieces also cut lengthwise
- ☐ 2 parsnips cut into 1-inch segments, large pieces also cut lengthwise
- ☐ 2 turnips cut into 1-inch pieces
- ☐ 6 servings parsley

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ spatula
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Brown the oxtails:Pat the oxtails dry with paper towels.
- ☐ Sprinkle all over with salt and pepper.
- ☐ Heat 1 tablespoon of olive oil on medium to medium-high heat in a 6-quart Dutch oven.Working in batches, and not crowding the pan, sear the oxtails in hot pan on all sides until golden brown. Use tongs to remove oxtails to a plate, setting aside.Simply Recipes / Elise Bauer
- ☐ Simply Recipes / Elise Bauer
- ☐ Add the chopped onion, carrot, and celery to the pan. Cook for a few minutes until the onions are translucent.Simply Recipes / Elise Bauer
- ☐ Add the oxtails back to the pan.

- ☐ Add the whole garlic cloves, the stock, and wine.
- ☐ Add bay leaf, thyme, and half a teaspoon of salt. Bring to simmer. Reduce the heat to low. Cover and cook for 3 hours, until meat is fork tender. [Simply Recipes / Elise Bauer](#)
- ☐ Preheat the oven to 350°F (175°C). About 1 hour before the meat is done, preheat the oven to roast the root vegetables. Roast the root vegetables: Toss carrots, parsnips, and turnips in olive oil in a roasting pan.
- ☐ Sprinkle well with salt and pepper. Roast the vegetables for 1 hour, or until lightly browned and cooked through. [Simply Recipes / Elise Bauer](#)
- ☐ Pour the cooking liquid through a mesh strainer into a bowl, using a rubber spatula to press against the vegetable solids caught in the strainer. Discard the solids. Return the liquid to the pan and simmer until reduced by half. [Simply Recipes / Elise Bauer](#)
- ☐ Add back the oxtails and roasted vegetables: Then add back in the oxtails, and add the roasted vegetables to the pan.
- ☐ Heat on low heat for half an hour for the flavors to meld.
- ☐ Add some chopped parsley before serving. Did you love the recipe? Give us some stars and leave a comment below! [Simply Recipes / Elise Bauer](#)

☐ Beef Stews

☐ Winter

☐ Gluten-Free

☐ Oxtail

☐ Christmas Dinners

☐ Nutrition Facts (per serving) 727 Calories 36g Fat 19g Carbs 65g Protein

☐ Show Full Nutrition Label × Nutrition Facts

☐ Servings: 4 to 6 Amount per serving

☐ Calories 727 % Daily Value* Total Fat 36g 46% Saturated Fat 13g 67% Cholesterol 211mg 70% Sodium 336mg 15% Total Carbohydrate 19g 7% Dietary Fiber 4g 14% Total Sugars 7g Protein 65g Vitamin C 15mg 76% Calcium 108mg 8% Iron 5mg 28% Potassium 1316mg 28%*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.

☐ Garnishes and optional ingredients are not included.

Nutrition Facts

PROTEIN 40.81% FAT 41.53% CARBS 17.66%

Properties

Glycemic Index:79.28, Glycemic Load:12.19, Inflammation Score:-10, Nutrition Score:22.9543477245%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.73mg, Catechin: 5.73mg, Catechin: 5.73mg, Catechin: 5.73mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 13.69mg, Apigenin: 13.69mg, Apigenin: 13.69mg, Apigenin: 13.69mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 3.71mg, Myricetin: 3.71mg, Myricetin: 3.71mg, Myricetin: 3.71mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 742.88kcal (37.14%), Fat: 31.5g (48.46%), Saturated Fat: 11.87g (74.19%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 23.23g (8.45%), Sugar: 12.42g (13.79%), Cholesterol: 238.33mg (79.44%), Sodium: 1098.98mg (47.78%), Alcohol: 8.51g (100%), Alcohol %: 1.56% (100%), Protein: 69.66g (139.32%), Vitamin A: 6081.35IU (121.63%), Vitamin K: 83.92µg (79.92%), Vitamin C: 50.04mg (60.66%), Iron: 10.26mg (57.01%), Manganese: 0.68mg (33.99%), Fiber: 6.91g (27.62%), Potassium: 848.56mg (24.24%), Folate: 78.31µg (19.58%), Vitamin B6: 0.31mg (15.53%), Calcium: 147.55mg (14.75%), Magnesium: 58.68mg (14.67%), Phosphorus: 144.83mg (14.48%), Vitamin B1: 0.2mg (13.51%), Vitamin E: 1.74mg (11.61%), Vitamin B3: 1.85mg (9.23%), Vitamin B2: 0.13mg (7.76%), Copper: 0.15mg (7.29%), Vitamin B5: 0.68mg (6.78%), Zinc: 0.9mg (5.98%), Selenium: 2.34µg (3.34%)