

Roman Oxtail Ragu Recipe

Serves: 4 | **Prep Time:** 30 Min | **Cook Time:** 270 Min | **Difficulty:** Medium



INGREDIENTS

- 3 lbs. (1.5 kg) of Oxtail
- 8 oz.(250g) of Celery
- 6 oz. (150g) of Yellow Onions
- 3 oz. (80g) of Carrots
- 2 cloves of Garlic
- 1 sprig of Parsley
- 4 oz. (120 ml) of Dry White Wine
- 1 oz. of Lard (optional)
- 16 oz. (400g) of Peeled Tomatoes (Sauce, Crushed or Whole)
- 3 Tbl. of Extra Virgin Olive Oil
- Salt and Black Pepper to taste

DIRECTIONS

1. In a heavy bottom pan, turn on medium heat and add olive oil.
2. If you choose, add the lard to the hot pan and wait until it melts. This is optional because oil was considered too expensive, so lard was traditionally used, but not required and Olive Oil is a good substitute.
3. Add pieces of tail to the hot pan, don't crowd the pieces and brown well on all sides.
4. While the meat is browning, dice the carrots, onion and celery and add to a bowl.
5. Chop the garlic and the parsley and add it to the bowl of vegetables.
6. When the meat is browned on all sides, add the wine and deglaze the pan.
7. After the wine evaporates, add the chopped vegetables and mix into the meat.
8. Add the tomatoes, salt and pepper and mix in the pan with the meat and vegetables.
9. Lower the heat to the lowest boil possible with your stove and cook for 3 hours minimum.
10. While it is cooking, if the sauce gets too dry and begins to burn on the bottom, add some water and loosen the meat from the bottom. Continue to monitor while it cooks.
11. After 3 or 4 hours, once the meat is falling off the bones, you are ready to serve.