

## Meat: Pulled Oxtail



### **Profitability:**

**Author:** David Fernandez at Stock Burger Co, Brighton

### **Ingredients:**

1.8kg oxtail

2 large onions

2 carrots

1 celery stick

2 garlic cloves

200ml red wine

50g tomato paste

20g juniper berries

2 bay leaves

15g smoked paprika

60g olive oil

### **Steps:**

Braise the vegetables in a large pan over a medium heat until soft and brown, add the paprika and juniper berries and continue to braise for 1 minute

Add the red wine, tomato paste, water, oxtail and salt and cook on a low heat for 2 1/2 hours

Once cooked, the meat should fall off the bone easily. Discard the vegetables and juices (which can be used to make a nice beef stew!). Shred the oxtail carefully, getting rid of any bones