

Oxtail and Guinness Ragu

Serves 4-6 - Prep time 30 minutes - Cooking time 3 ¼ Hours	
1 tablespoon Olive Oil	3 sprigs of Rosemary
1.5kg, Oxtail chopped pieces	2 Bay Leaves
1/3 Cup seasoned flour	1 teaspoon Ground Allspice
2 chopped Carrots	440gm can Guinness
2 stalks Celery, chopped	440gm can tomatoes
2 cloves garlic finely chopped	1 cup water
2 finely chopped Anchovies	cooked pasta of choice



1. Preheat oven to slow 150%
2. Heat oil in a large, flameproof casserole dish on high, Dust oxtail pieces in flour, shaking off excess Cook in 2 batches, 4-5 minutes each, turning until well browned. Transfer to a plate.
3. Add carrot and celery to same dish. Cook 2-3 minutes, stirring, until lightly browned. stir in garlic, anchovies, herbs and allspice. Cook 1 minute, until fragrant
4. Add Guinness, tomatoes and water. Bring to boil. Return oxtail to dish
5. Bake, covered, 2 ½ hours, remove lid and bake a further 1 hour, until very tender. Skim off excess fat on surface.
6. Using a fork and tongs, shred meat, discarding bones, Toss sauce through hot pasta to serve