



## BRAISED OXTAIL

Serves 4

LISTED INGREDIENTS	QUANTITY	UNIT COST	TOTAL COST
Maleny black Angus Beef Oxtail	1kg	\$13.50	\$13.50
Potato	3 each	\$0.50	\$1.50
Carrot	4 each	\$0.30	\$1.20
Onion medium	3 each	\$0.25	\$0.75
Beef stock (water and stock concentrate)	2 litres	\$1.20	\$1.20
Salt and pepper	trace		

TOTAL INGREDIENT COST	SERVES	TOTAL INGREDIENT COST AND SERVES	ADD GARNISH COST PER SERVE	COST PER SERVE
\$18.15		\$4.54		\$4.54

### METHOD

1. Fry onions in a pressure cooker sauce pan (diced to half a cm) until they begin to soften. Add the seasoned Maleny Black Angus Beef Oxtail and fry until the meat takes a good brown colour.
2. Add the carrots and potato to the pan and mix in thoroughly. Add the beef stock - 2 litres per kg of meat (you may want to use any combination of stock, beer, wine etc.)
3. Bring to the boil and clamp the lid on the pressure cooker. Cook on high for 1 hour. Please follow manufacturers instructions as pressure cookers can be dangerous if not used properly.
4. After 1 hr release the pressure and open the lid. The beef will be falling off the bones, and due to steam loss, and the vegetables absorbing the stock, you should be able to mix well in the pan. The potato will break down and this will naturally thicken the sauce.
5. The beef will be "sticky" and the sauce will be rich and flavourful, due to the collagen breaking down into gelatine. Serve on its own.. a complete meal!

