

Treasure Barrel

Authentic Jamaican Oxtail With Rice Recipe

30 min Prep time	**3 h 30 min** Cook time	**4 h** Total time
6 Servings	**Medium** Difficulty	**Jamaican** Cuisine

Ingredients

For the Oxtail

- [ ] 3 lbs oxtail, cut into segments
- [ ] 2 tablespoons browning sauce
- [ ] 1 teaspoon salt
- [ ] 1 teaspoon black pepper
- [ ] 2 teaspoons allspice berries
- [ ] 2 tablespoons vegetable oil

Aromatics and Vegetables

- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 scotch bonnet pepper, whole
- [ ] 2 carrots, chopped
- [ ] 2 stalks celery, chopped
- [ ] 4 sprigs fresh thyme
- [ ] 2 bay leaves

Cooking Liquid and Beans

- [ ] 4 cups beef broth
- [ ] 1 cup water
- [ ] 1 can (15 oz) butter beans, drained
- [ ] 2 tablespoons tomato paste
- [ ] 1 teaspoon Worcestershire sauce

For Serving

- [ ] 3 cups cooked white rice
- [ ] Fresh thyme for garnish
- [ ] Sliced scallions for garnish

Instructions

1. Pat the oxtail pieces dry with paper towels. In a large bowl, toss them with browning sauce, salt, pepper, and allspice berries. Let them marinate for 15 minutes while you prep the other ingredients.

2. Heat oil in a large, heavy-bottomed pot over medium-high heat. Working in batches, brown the oxtail pieces on all sides, about 3-4 minutes per side. Don't crowd the pan - this is crucial for proper browning. Transfer to a plate.

3. In the same pot, add the onions and cook until softened, about 5 minutes. Add garlic and cook for another minute until fragrant. Stir in the tomato paste and cook for 2 minutes until it darkens slightly.

4. Return the oxtail to the pot along with any accumulated juices. Add carrots, celery, whole scotch bonnet pepper, thyme sprigs, and bay leaves. Pour in the beef broth and water - the liquid should nearly cover the oxtail.

5. Bring to a boil, then reduce heat to low. Cover and simmer gently for 2.5 to 3 hours, until the oxtail is tender. Check occasionally and add more water if needed to maintain the liquid level.

6. During the last 30 minutes of cooking, stir in the butter beans and Worcestershire sauce. Continue simmering until beans are heated through and oxtail is falling-off-the-bone tender.

7. Remove the scotch bonnet pepper, thyme sprigs, and bay leaves. Skim off any excess fat from the surface. Taste and adjust seasoning with more salt and pepper if needed.

8. Serve hot over fluffy white rice, garnished with fresh thyme and sliced scallions. The rich gravy spooned over everything brings it all together perfectly.

Nutrition per serving

480 kcal	42 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Oxtail can be marinated overnight for deeper flavor
- The dish tastes even better the next day as flavors continue to develop
- If using dried butter beans, soak overnight and add them 1 hour into cooking
- For a thicker gravy, mix 1 tablespoon cornstarch with 2 tablespoons water and stir in during the last 10 minutes