

Treasure Barrel

Oxtail Bourguignonne with Beef Oxtail

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

Ingredients

For the Oxtail

- [ ] 3 lbs regenerative-raised beef oxtail, cut into segments
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp freshly ground black pepper

For the Braising Base

- [ ] 1 large yellow onion, finely chopped
- [ ] 2 medium carrots, finely chopped
- [ ] 2 celery stalks, finely chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp tomato paste
- [ ] 1 tbsp all-purpose flour

For the Braising Liquid

- [ ] 4 cups good-quality beef broth
- [ ] 1 tbsp fresh thyme leaves
- [ ] 2 bay leaves
- [ ] 1 tsp black peppercorns

For Finishing

- [ ] 2 tbsp chopped fresh parsley
- [ ] Salt and pepper to taste

Instructions

1. Pat the oxtail pieces completely dry with paper towels. This is crucial for a good sear. Season them generously all over with the salt and pepper. Warm the olive oil in a large, heavy-bottomed Dutch oven or pot over medium-high heat. Working in batches to avoid crowding, sear the oxtail until deeply browned on all sides, about 3-4 minutes per side. Transfer the seared oxtail to a plate and set aside.

2. Reduce the heat to medium. Add the chopped onion, carrot, and celery to the same pot. Cook, stirring occasionally, until the vegetables have softened and the onion is translucent, about 8-10 minutes. Add the minced garlic and cook for another minute until fragrant.

3. Push the vegetables to the side and add the tomato paste to the center of the pot. Let it cook for a minute or two, stirring, until it darkens slightly and smells sweet. Sprinkle the flour over everything and stir to combine, cooking for another minute to remove the raw flour taste.

4. Slowly pour in the beef broth, scraping the bottom of the pot with a wooden spoon to lift all those delicious browned bits. Add the fresh thyme, bay leaves, and peppercorns. Bring the liquid to a gentle simmer.

5. Return the seared oxtail and any accumulated juices back to the pot. The liquid should come about halfway up the sides of the oxtail. If it doesn't, add a bit more broth or water. Bring back to a simmer, then reduce the heat to the lowest setting. Cover the pot with a tight-fitting lid.

6. Let the oxtail braise gently for 2.5 to 3.5 hours, or until the meat is extremely tender and easily pulls away from the bone. Check occasionally to ensure it's maintaining a very low simmer, not a boil, and add a splash of broth if it looks dry.

7. Once the oxtail is tender, carefully remove it from the pot and set it aside. If desired, you can skim off any excess fat from the surface of the sauce using a spoon. Taste the sauce and adjust seasoning with more salt and pepper if needed. For a smoother sauce, you can strain out the vegetables and whole spices, but I usually leave them in for texture.

8. Return the oxtail to the pot to warm through. Serve hot, garnished with fresh parsley. This is wonderful over something creamy to catch the sauce, like the ultimate comfort dish of mashed potatoes or pasta.

Nutrition per serving

480 kcal	42 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leftovers will keep in the fridge for up to 4 days and freeze beautifully for up to 3 months.
- The flavor is even more developed the next day, making this a great make-ahead meal.
- If the sauce is too thin after cooking, you can reduce it by simmering uncovered for 10-15 minutes.