



BRITISH

British Oxtail Soup

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	3 hr 30 min	Simmer	Oxtail

Ingredients

- 1.2 kg (2½ lb) oxtail, cut into segments
- 2 tbsp dripping, butter or oil
- 2 onions, chopped
- 2 carrots, diced
- 1 small turnip or swede (about 150 g / 5 oz), diced
- 2 celery stalks, diced
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 litres (8 cups) beef stock
- 1 bay leaf
- 1 sprig thyme
- 1 tbsp Worcestershire sauce
- 2 tbsp port or sherry (optional)
- 1½ tsp salt, plus more to taste
- ½ tsp black pepper
- 1 tbsp chopped parsley

Steps

1. Heat 1 tbsp fat in a large pot over medium-high heat. Sear the oxtail in batches until deep brown, about 4 minutes per side. Set aside.
2. Add the remaining fat, onions, carrots, turnip and celery. Cook over medium heat for 10 minutes, stirring, until golden at the edges.
3. Stir in the flour and tomato purée for 2 minutes until the flour smells toasty.
4. Add the stock gradually, stirring, and scrape up the browned bits as it comes to a boil.
5. Return the oxtail with the bay, thyme and Worcestershire. Lower the heat and simmer gently, partly covered, for 3 hours.
6. Lift out the oxtail. Pull the meat from the bones in shreds, and discard the bones, bay and thyme stalk.
7. Skim the fat from the soup. Return the meat, add the port, salt and pepper, and heat through for 10 minutes until thick and glossy.
8. Serve with parsley and crusty bread.

Notes

- **Thickness:** this is a hearty, rustic soup; blend a ladle of the vegetables back in for more body.
- **Make ahead:** chill overnight to lift off the set fat; it tastes better on day two. Keeps 3–4 days, or freeze 3 months. Reheat until steaming hot.
- **Serving:** very good with a slice of buttered toast and a dab of English mustard.
- **Slow cooker:** brown the oxtail, soften the vegetables, stir in flour and paste, then cook on low 8–9 hr with 1.5 litres (6 cups) stock. Skip browning for a little less depth.
- **Chef's touch:** stir in the port or sherry in the last minute, off the heat, so its aroma stays bright.