



COLOMBIAN

Sopa de Cola de Res

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

Ingredients

- 1.5 kg (3½ lb) oxtail, cut into segments
- 2.5 litres (10 cups) water
- 1 onion, halved
- 4 spring onions, white and green parts separated
- 4 cloves garlic, crushed
- 2 tsp ground cumin
- 2 tsp salt, plus more to taste
- 1 tsp black pepper
- 2 large potatoes (about 500 g / 1 lb), peeled and cubed
- 1 yuca (cassava, about 400 g / 14 oz), peeled and cut in chunks
- 2 corn cobs, each cut into 3 pieces
- 2 green plantains (optional), peeled and sliced
- 2 tbsp chopped cilantro
- Lime wedges, avocado and white rice, to serve

Steps

1. Put the oxtail, water, halved onion, white parts of the spring onion, garlic, cumin, salt and pepper in a large pot.
2. Bring to a boil over high heat. Skim the foam for about 5 minutes until the surface is mostly clear.
3. Lower the heat, cover, and simmer gently for 2 hours.
4. Add the yuca and corn and cook 30 minutes more, until the yuca is starting to soften.
5. Add the potatoes and plantains and cook 30 minutes, until all the vegetables are tender and the meat comes off the bone with a nudge.
6. Fish out the onion halves, skim the fat, and adjust the salt.
7. Stir in the cilantro and green spring onion tops. Serve in large bowls with lime, avocado and rice on the side.

Notes

- **Thicker soup:** mash a few potato pieces against the pot wall and stir them in.
- **Make ahead:** keeps 3 days; the starch continues to thicken it, so thin with water. Freeze the broth and meat 3 months, leaving out the potatoes.
- **Serving:** a spicy ají (cilantro, chilli, lime and onion) is the traditional table sauce.
- **Slow cooker:** put everything except the vegetables on low 8–9 hr, then add the yuca and corn for 2 hr and the potatoes and plantains for the last hour.