

Bay & beer braised oxtail risotto with roasted garlic & shaved pecorino

Thomas Allen Wines
MEMBERS' TABLE RECIPE

Ingredients

60ml olive oil
1½kg oxtail pieces
2 medium onions, sliced
2 carrots, sliced
2 sticks of celery, sliced
1 small bunch of thyme sprigs
4 bay leaves
500ml beef stock
750ml beer
2 whole heads of garlic

Sea salt and black pepper
1.75L chicken stock
40g butter
40ml olive oil
1 medium onion, diced very finely
2 cups Vialone Nano rice*
1 cup grated Pecorino Sardo**
1 cup peeled broad beans
1 cup finely sliced parsley
½ cup shaved Pecorino Sardo (to top)



Method

Preheat oven to 150°C. Heat a heavy based pan over a medium heat, roll the oxtail pieces in olive oil, season well with salt and pepper, then sear off in batches until the pieces are well coloured on all sides. Transfer to a large deep baking tray.

When oxtail is all done, reduce the heat slightly under the pan and add the sliced onions, carrots and celery together with the thyme sprigs and bay leaves and sauté until they soften and start to gain some colour. Scatter the vegetables over the oxtail and deglaze the pan with some of the beer. Pour the beer and stock over the oxtail, add the 2 heads of whole garlic, cover and cook for 3 to 4 hours or until the meat is very tender.

When the oxtail is cool enough to handle, remove the meat from the bones, discarding any fatty tissue. Reserve the meat and chill until required.

Remove the 2 heads of garlic from the tray and slice in half horizontally, then squeeze each half into the meat and discard the skins. Return the bones to the stock and chill to allow easy removal of any fat. When the liquid has had the fat removed, place it in a pot over a medium low heat and gently reduce until it's about 1 cup. Strain and discard bones and vegetables while reserving the liquid.

Gently heat butter and oil in a large heavy-based pot and gently sauté the diced onion with some salt and pepper until it is soft, then add the rice and stir until it's well coated. Add 350ml of beer and stir frequently until most of the liquid has gone. Gradually add the warm chicken stock in small batches, stirring regularly in between, until the rice is tender. Add the oxtail and roasted garlic, reduced juices, peeled broad beans, sliced parsley and grated Pecorino. The mix should be 'soupy' in its consistency. Adjust the seasoning if required.

Serve immediately in warm bowls with warm crusty bread and a crisp salad.

This recipe serves 6 people generously for a main meal.

**Vialone Nano is the specialty rice from Veneto and makes a very creamy risotto. Arborio can be substituted.*

***Pecorino Sardo is the mature sheep's milk cheese from Sardinia. It has a very nutty flavour.*



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