

Oxtail of Aliste



Provincia

Zamora

Ingredients

(for 4 persons)

- 1.5 kg of oxtail of Aliste.
- 1 litre of beef broth.
- 2 cloves of garlic, minced.
- 1 onion, chopped.
- 1 carrot, chopped.
- 1 turnip, chopped.
- 1/2 fresh fennel, chopped.
- 1/2 red pepper, chopped.
- 1/2 green pepper, chopped.
- 1 bay leaf.
- 1 glass of red wine.
- 3 tablespoons of olive oil.
- 1 glass of brandy.
- 1/2 chilli, crumbled.
- Salt and pepper.

Preparation method

Heat the oil, add the chopped oxtail, season it and fry lightly over high heat about ten minutes stirring it. Add all the chopped vegetables and continue frying lightly for 15 minutes stirring occasionally. Add the chili. Add the brandy and red wine and fry it lightly five minutes. Add the beef broth (or failing this, water) and simmer it one hour approximately until by pricking it with a fork, the meat is tender.