



JOSEPH JEWELL

Lily's Braised Thai Oxtail

Ingredients

- 3-4 lbs of 100% grassfed oxtail
- Sea salt and ground black pepper
- Coconut oil
- 1 red onion, diced
- 4-6 cloves garlic, diced
- 2 cups canned crushed tomatoes
- 1 cup red wine
- 2 inch piece of fresh ginger, finely chopped
- 3 smashed stalks lemongrass, trimmed
- 3 cups chicken stock or water
- 3 celery stalks, diced
- 2 carrots, diced
- 2 teaspoons fish sauce
- 2 teaspoons of chili paste
- 2 tablespoons of soy sauce
- 2 tablespoons of red curry paste
- 2 tablespoons of brown sugar
- 4 star anise pods
- Cilantro, for garnish



Directions

1. Pre heat oven to 300 F.
2. Season the oxtail liberally with salt and pepper and let sit at room temp 1 hour before cooking.
3. Heat a large, heavy pot over medium-high heat, adding enough oil to coat the bottom of the pot. Working in batches, sear the oxtail until the meat is browned, about 2 minutes on each side. Set aside the browned meat and turn down the heat to medium.
4. Add 3 tablespoons of coconut oil to the same pot and heat until shimmering. Add the onion and stirring occasionally, until the onions are caramelized, about 7 minutes. Add the garlic and cook for 2 minutes. Add the crushed tomatoes, red wine, and ginger. Bruise the lemongrass by smashing with the bottom of a small pot or the dull side of a cleaver, and add to the pot. Bring to a simmer. Add the chicken stock, celery, carrots, fish sauce, red curry paste, soy sauce, sugar, star anise, and oxtail and place in the oven until the meat falls off the bone, about 3 hours. Remove star anise and lemongrass before serving. Garnish with cilantro.

Serves 4

Serve with [Pomegranate Parsley Tabbouleh](#) from *Bon Appétit*.