

## JAMAICAN OX TAIL

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OXTAIL CUT IN PIECES	2.5 LBS
SOY SAUCE	1 TABLESPOON
BROWN SUGAR	1/4 CUP
WORCESTERSHIRE SAUCE	1 TABLESPOON
SALT	1 TABLESPOON
GARLIC POWDER	2 TEASPOONS
BLACK PEPPER	1 TEASPOON
ALL SPICE	1 TEASPOON
BROWNING	1 TEASPOON
VEGETABLE OIL	2 TABLESPOONS
YELLOW ONION CHOPPED	1 MEDIUM SIZE
GREEN ONIONS CHOPPED	4
GARLIC CHOPPED	1 TABLESPOON
CARROTS CHOPPED	2 WHOLE
SCOTCH BONNET / HABANERO PEPPER	1 PCS (SEEDS REMOVED)
BEEF BROTH	1 CUP
KETCHUP	1 TABLESPOON
DRIED THYME	1 TEASPOON
WATER	2 TABLESPOONS
BUTTER BEANS DRAINED AND WASHED	1 CAN 16 OZ
CORNSTARCH	1 TABLESPOON



### INSTRUCTIONS FOR JAMAICAN OX TAIL

Rinse oxtail piece in water and pat dry. Marinate with brown sugar, soy sauce, Worcestershire, salt, garlic powder, black pepper, allspice, and browning, make sure to rub it all in

Set your pressure cooker on high and once hot add your oil, put in the larger pieces of oxtail flat side down and brown it well making sure it does not burn, keep aside and do the same for the smaller piece. Deglaze your pressure cooker with 2 tablespoons of beef broth, make sure all the brown bits at the bottom are loose. Now add your yellow onions, green onions, carrots, garlic, and scotch bonnet. Saute until onions have softened, add the dried thyme, oxtails, and remaining beef broth, along with ketchup to the pressure cooker

Put on the lid, turn on high and cook about 15- 20 min (or about 4- 5 whistles)

Once you turn it off let the pressure cool off for about 25min, when the pressure has released open lid, remove the oxtails and vegetables, and keep them aside leaving the liquid behind

Turn the pressure cooker on again, when the liquid begins to simmer add the cornstarch slurry (mixing corn starch and water in a separate bowl), add the butter beans washed and drained. Allow to mix to simmer for about 5 minutes, the liquid will thicken up slightly

Add the oxtails and vegetables back to the liquid

Serve with rice and peas