



Oxtail Casserole
RECIPE

Oxtail Casserole



Cooking time 120 mins
Preparation time 15 mins
Serves 6

A tender Oxtail Casserole, thickened with Royco® Oxtail Soup. This hearty dish can be enjoyed all year round, but is especially loved in winter.

Ingredients

- 850 g oxtail, cut into joints
- 15 ml oil
- 6 pickling onions, peeled
- 150 ml red wine
- 1 cloves garlic, crushed
- 5 ml parsley, chopped (2ml dried)
- 5 ml rosemary, chopped (2 ml dried)
- 6 baby carrots, peeled
- 300 g mushrooms, quartered
- 4 baby potatoes, peeled
- 1 packet Royco® Rich Oxtail Packet Soup
- 100 ml frozen peas

Vegetarian

Replace the beef oxtail with a mix of whole mushrooms and the suggest soup with Royco® Brown Onion Soup to create a vegetarian casserole.

Family Friendly

This slow-cooked casserole is the perfect dish for quality family time. Dust off the boardgames while the oxtail cooks to perfection.

Method

1. Preheat the oven to 160°C
2. Brown the oxtail in batches, in hot oil, in a small casserole.
3. Then brown the pickling onions, set aside.

4. Return the oxtail to the casserole, add the red wine, garlic, parsley, rosemary and aprox. 800ml water, the oxtail must be completely submerged in liquid. Cover casserole and place in the oven for 1 hour.
5. Add the pickling onions, carrots, mushrooms and potatoes and cook for another 45 minutes.
6. Mix the Royco® Rich Oxtail Soup with 300ml water. Add to the casserole with the peas. Simmer uncovered for 10 minutes.

Recipe Tags

[Packet Soups](#), [Stew](#), [Meat and Veg](#)

Related Recipes



[Roasted Garlic & Lemon Lamb Kebabs on Couscous](#)

Cooking time

15 mins

Preparation time

60 mins



[Lamb Tray Tagine](#)

Cooking time

180 mins

Preparation time

20 mins



Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins



Spiced Couscous with Pork and Almonds

Cooking time

10 mins

Preparation time

20 mins



Meatballs in Tomato Sauce

Cooking time

40 mins

Preparation time

15 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins



Lamb & Tomato Potjie

Cooking time

120 mins

Preparation time

15 mins



Rich and Tasty Beef Stew

Cooking time

90 mins

Preparation time

30 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins



Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

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