

OX TAIL

(Audrey Figueira)

Ingredients

2 oxtails cut in pieces)	
1 stick cinnamon)	
½ tsp turmeric)	Cover with water and cook till ½ done.
Small piece of ginger)	
Salt to taste)	
1 tsp chilli powder)	
1 small pod Garlic)	
1 tsp cumin powder)	Mix to a paste with vinegar.
¼ tsp mixed spice)	
¼ tsp pepper powder)	
Small bunch of coriander or)	
1 heaped tsp coriander powder		
2 onions sliced		
2 tbsps oil (corn)		

Method:

- ❖ Slice the onion and fry in the oil till golden brown. Add the vinegar paste and dry for a minute or two.
- ❖ Then add the ox tail pieces and fry well. Now add the liquid and juice of a lemon.
- ❖ Continue cooking for a while on a medium heat till the meat is tender.