

CAFE THOMPSON RECIPE

SLOW COOK JAMAICAN OXTAIL

Chef Norma Shirley

Norma Shirley was born in Cliveside, St. James, Jamaica, and trained to be a nurse before moving to New York City and getting into the catering business. She later moved up to Stockbridge, Massachusetts, to open her first restaurant before moving back to Jamaica, where she launched several restaurants.

SERVES 6

INGREDIENTS

- Water
- 1 small lime, to wash the oxtail
- 1 tablespoon vinegar, to wash the oxtail
- 2 pounds oxtail, chopped into 2-inch chunks
- 1 teaspoon salt
- 1 tablespoon oxtail or all-purpose seasoning
- 4 cloves garlic, crushed
- 1 teaspoon browning
- 1 ounce freshly grated ginger
- 1/2 Scotch bonnet pepper, seeds removed, finely chopped
- 3 tablespoons cooking oil
- 1 1/2 tablespoons dark brown sugar
- 1.8 ounces onion, sliced
- 5 sprigs thyme
- 1 bunch scallion (green onion), chopped
- 2.1 ounces tomato, diced
- 2.5 ounces bell pepper, sliced
- 1 cup butterbeans
- 2 tablespoons ketchup
- 1 Maggi stock cube



DIRECTIONS

Wash the oxtail in water with vinegar and lime juice. Drain away all the water, getting the meat as dry as possible.

Season the oxtail with salt, oxtail/all-purpose seasoning, garlic, ginger, browning and scotch bonnet pepper. Mix the ingredients until the oxtail is completely coated with the seasoning. If you like, leave to marinate for at least 1 hour.

Add the cooking oil and the brown sugar to a pressure cooker pot on high heat. Make the oil hot and the sugar melt, and then add the oxtail. Sear the meat so that all sides are brown.

Add 2 1/2 cups of water to the pressure cooker, close with the pressure cooker lid and cook at high pressure for 30 to 35 minutes.

Carefully remove the lid. Check that the meat is soft and falling off the bone.

Continue cooking on medium-high heat. Add the onion, thyme, scallion, tomato, bell pepper, butterbean, ketchup and Maggi stock cube.

Cover the pot with a normal pot cover and let it cook for another 30 minutes.

Side dishes

Rice and Peas
Cornbread

