



Oxtail Stew



Ingredients:

Meat

2-1/2 -3 lbs oxtail + beef shank (~50%/50%) with shank cut into large 2" chunks

Seasoning Bag

2 Tbsp ground black pepper
2 Tbsp garlic salt
1 Tbsp paprika (optional)
1/2 cup flour

Oil

Vegetables

1-1/4 stalk celery (~1 inch cut)
2 medium potatoes (~1 inch cube)
3 large carrots (~1 inch cut)
1 large sweet onion (large cubed)

Sauce

1 large onion, finely chopped
3/4 stalk celery, finely chopped
1 Tbsp minced garlic
1 large tomato, chopped
1 can chicken broth (14.5 oz)
1 can tomato sauce (15 oz)
2 pieces S&B "Tasty Brown Stew" cubes
3 bay leaves

Slurry of water + flour (or Corn Starch) - optional for thicker stew

Directions:

1. In a 1-gallon Ziploc bag, add oxtail/beef into the bag with "Seasoning Bag" ingredients ... shake, shake, shake it up!
2. Transfer batches of meat into a colander to shake off the excess flour (I try not to leave too much flour on the meat otherwise you'll get the dreaded "OVHT" error (which means your sauce is too thick and you're burning your food).
3. Add 2-3 Tsp of oil in Instant Pot and press the "Sauté" mode ... when hot (a few minutes) place lightly floured meat into the Instant Pot in a **single layer**.
4. Brown all sides of the meat, then set aside and sauté the next batch until all the meat is browned and set aside.
5. You should have a little oil and browned bits on the bottom of your Instant Pot. Keep it on sauté and add the finely chopped onion and celery. Sauté until the onion starts to become translucent (1-2 minutes), then add the rest of the "Sauce" ingredients. Give it a good stir then add the meat back into the pot.
6. Cancel the heat, cover the Instant Pot, press the "Meat Stew" button, set the time to 30 minutes and pressurize.
7. While you're waiting, cut your vegetables and store them in salted water (so the potatoes don't get brown). The next part is tricky – although the Instant Pot is great at cooking things fast, if you're not mindful, you can overcook your vegetables.

8. I've done trial and error with veggies and the settings that work the best for me (and the way I like my vegetables) is to go "3/2." That means put the vegetables (except the potatoes) in at the stew setting for 3 minutes, when done, release the pressure and quickly add the potatoes. Cover and cook for 2 more minutes. You may want to try 2/2 your first time to be safe (and continue to cook on sauté until done).
9. Check the sauce for desired thickness. If it's not thick enough, make a slurry of water and flour (or water and cornstarch) and add a little bit at a time and stir until it is to your desired thickness.
10. Transfer to a serving dish and enjoy!