



NYAMA CHOMA SISHEBO OXTAIL STEW

INGREDIENTS

- 1 kg Oxtail
- Grated Tomato
- Chopped onions
- Garlic flakes
- Bay leaves
- Dry rosemary
- Dry parsley
- Dry mixed herbs
- 2 tablespoons of Oil
- 3 tablespoons Nyama Choma Sishebo Spice

METHOD:

- Pat the oxtail pieces dry with paper towels in a large bowl and sprinkle with white pepper.
- Add 2 tablespoons of Nyama Choma Sishebo Spice
- Add 1 tablespoon of garlic flakes. Add dry rosemary, parsley and mixed herbs.
- Add finely chopped onion and 1 tablespoon of olive oil and mix together.
- Let it marinate in the fridge for about 2 hours or overnight.
- Heat 2 tablespoons olive oil in a pot on medium-high to high heat. Working in batches, add the oxtail to the pan, fat side down. Add more oil as needed with additional batches of oxtail. Do not crowd the pan. Then add bay leaves.
- Add 4 cups of water and cook in the oven until it falls off the bone.
- After the meat is soft and coming off the bone, add fresh green beans, sweetcorn, carrots and grated tomato.
- Add another tablespoon of Nyama Choma Sishebo Spice.
- Add a cup of water. Bring to a boil and reduce to a simmer with the pot lid on. Let the meat simmer for about 20 minutes on low-to-medium heat.

