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**COM231-B220**

**Demonstration Speech**

How To Make Jamaican Oxtail

When it is time to celebrate a special occasion in Jamaica, the families always serve oxtail as one of the dishes. Oxtail is a Sunday dinner favorite and a treat in Jamaican culture. I grew up learning how to make Jamaican oxtail for my family and friends to eat from the elder of the family. There are a few different ways available to cook oxtails, including pressure cooker, slow cooker, stovetop, and oven. There are a few basic steps in properly preparing the oxtail by cleaning, trimming, and seasoning. I will show you how easy it is to make Jamaican oxtail by starting with cleaning the oxtail.

The first step when making Jamaican oxtail is washing and trimming the oxtail. Rinse the oxtail with vinegar or lemon/lime juice and salt to remove any debris or excess fat. Trim off any excess fat from the oxtails using a kitchen knife. Next step is to season the oxtail with a mixture of spices and seasoning, ensuring each piece is fully covered. Common seasoning includes brown sugar, salt, black pepper, garlic powder, allspice, soy sauce, oxtail seasoning, and browning. We will then marinate the oxtails for at least a few hours, or preferably overnight, to allow the flavors to infuse into the meat. Now that we have the oxtail season up and marinate overnight, the oxtails are ready to cook in the pressure cooker.

The second is cooking the oxtail in the pressure cooker for a faster cooking time. We will start by browning the oxtail by turning the pressure cooker to the high sauté setting and adding vegetables oil. Brown the oxtails in batches, ensuing each side is brown for about two minutes. Adding aromatics to start deglazing the pressure cooker with beef broth, scraping up any browned bits from the bottom. Add yellow onions, green onions, garlic, and scotch bonnet pepper to the pot and sauté for about five minutes until softened. Now it is time for pressure cooking to add the oxtails back into the pressure cooker, along with dried thyme, the remaining beef broth, and ketchup. Ensure the valve is set to sealing, then set the pressure cooker to cook on high pressure for forty-five minutes. Make sure to naturally release to allow the pressure cooker to naturally release pressure for about twenty-five minutes, then carefully release any remaining pressure. Now it is time to make oxtail gravy as the oxtails are almost finished.

Thickening the gravy as the oxtail is almost finished. Remove the oxtails and vegetables from the pressure cooker and set it aside. Turn the pressure cooker back to the sauté setting. Create a cornstarch slurry by mixing cornstarch with water and slowly stir it into the pressure cooker. Add drained butter beans to the pressure cooker and simmer for about five minutes until the sauce has thickened. Now that I have shown you how to make Jamaican oxtail, now it is time to serve it with a side of rice and peas or white rice. Also consider adding a side of sauté cabbage or side of plantains.

In conclusion, making Jamaican oxtails is a simple task. First thing you must do is clean the oxtails, then trim the oxtail, and season the oxtails and marinate the oxtails. Jamaican oxtails is rich in flavors and tender meat that Jamaican prepare for Sunday dinner or special celebration. I hope that my audience will find a Jamaican restaurant and try the oxtail dish.