

Oxtail

Ingredients

-

1 whole oxtail, cut at the joints into 7-9 pieces, as needed

-

Salt and pepper, as needed

60 g

Butter

3

Shallots, cut into quarters

3

Garlic cloves, sliced

-

Rosemary sprig, 1-2, as needed


250 ml

Red wine

55 ml

Ready-made demi-glace meat stock

Equipment

Sous vide setup 

Timing

24 hr total; 30 min active

Before We Begin

I've never cooked oxtail before – is it difficult?
Not at all! And the payoff is delicious. You don't have to do much in the way of prep – just make sure to buy the oxtail skinned and chopped from the butcher. Cooking with Joule ensures the meat will be perfectly done.


Is it okay to leave Joule cooking for 24 hours?
Yes, absolutely. You can leave Joule cooking overnight, or longer – this Homemade Corned Beef recipe takes nine days and cooks for 48 hours – allowing you to leave the house and go to work, run errands, exercise, whatever you need to do! Just remember to protect your work surface with a board or trivet and to cover the pot with plastic wrap or a lid to reduce water evaporation during the long cooking time. If the water level no longer covers your meat, simply add more water to the pot.

The recipe calls for a ready-made demi-glace meat stock. Can I make my own?
Yes, indeed. In fact, we have a recipe for it here.

What does oxtail go with?
Try it atop polenta (as pictured) or mingled with our classic Fresh Pasta recipe, Homemade Capunti, or Foolproof Parisian Gnocchi. Or alongside Caramelized Carrots, Fingerling Potatoes With Roasted Garlic and Rosemary, or Rich, Moist Cornbread.


1 Preheat Joule to 167 °F / 75 °C

For succulent and fork-tender, we recommend cooking at 167 °F / 75 °C for 24 hours. To find your own perfect time and temperature, use the Joule App or chat with Joule on Facebook Messenger:



"Time and temp for Oxtail 68"

Pick your perfect doneness using Joule on Facebook Messenger



2 Know the meat cut

Oxtail refers to the tail of the cow. Portions from the top have more meat on – ask your butcher to slice it into pieces, like we did. Although there is a high bone-to-meat ratio on this cut, the flesh can be tough if not cooked correctly. The tail is full of health-giving collagen and gelatin, adding great flavour to soups, stews, and stocks.

3 Season and sear

Season the meat with salt and black pepper. Heat a frying pan to medium-high temperature, add a splash of oil, and begin searing the oxtail portions. These are really tough cuts so don't feel the need to rush, you won't overcook them.

4 Make pan sauce

Wipe your pan clean with some kitchen towel. Add the butter, shallots, garlic, and rosemary. Caramelize the shallots and deglaze with red wine. Reduce down and then mix in the ready-made demi-glace meat stock. Note: Ready-made demi-glace meat stock is available from good supermarkets.

5 Add food to the bag

Place the oxtail portions in a food-grade, freezer-style bag with the sauce, rosemary, shallots, and garlic. Remove as much of the air as possible, but note that no vacuum sealing is required for this recipe.

Purchase bags

6 Protect your work surface

Remember, the water in your pot will get hot enough to cook your food – treat your work surface accordingly! Place a trivet beneath the pot to help protect your countertop, or use whatever precautions you normally would when exposing your counter to a dish, pot, or pan you just removed from the oven or stove.

7 Start cooking

Put your Joule in the water and, when it is at the right temperature, lower the bag slowly into the saucepan. For long cooking times such as this, it's important to cover your saucepan with plastic wrap to reduce evaporation. Do not cover Joule. Tip: If your bag floats to the top, add a spoon inside it to weigh it down.

8 Serve

Remove the chunks of oxtail from the bag and present on a bed of polenta, for example. Oxtail also goes well with mashed potato or butternut squash.

9 Please tell us how it went

What are your thoughts on this guide? Tap the button below to share feedback so we can continue to improve the Joule cooking experience.

Give feedback

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