

# Braised Oxtail

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-oxtail-recipe>

## Ingredients:

- 4 pounds oxtail pieces
- 1/4 cup canola oil or other vegetable oil
- 3 onions medium, peeled and diced
- 3 garlic cloves peeled and crushed
- 1 cup red wine
- 4 cups beef stock
- 1/4 cup tomato paste
- 3 bay leaves
- 1 teaspoon whole black peppercorns
- 1 sprig fresh rosemary
- kosher salt to taste
- black pepper to taste
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour

## Nutrition:

1. Calories: 1700 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 330 milligrams
4. Fat: 139 grams
5. Fiber: 3 grams
6. Protein: 84 grams
7. SaturatedFat: 57 grams
8. Sodium: 1120 milligrams
9. Sugar: 8 grams

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