

Jamaican oxtail stew with greens

Ingredients

- 3 pounds oxtails, cut (if whole, ask butcher to cut into 2–3 inch pieces)
- Salt and pepper
- 3 tablespoons light brown sugar
- 3 tablespoons hot water
- 2 yellow onions, diced large
- 6 cloves garlic, peeled and minced
- 3 tablespoons fresh ginger, peeled and chopped
- 1 Scotch bonnet pepper, whole
- 5 sprigs fresh thyme
- 10 allspice berries
- 1 bunch scallions, chopped (extra for garnish if desired)
- 2 tablespoons granulated sugar
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon Worcestershire sauce
- 3 tablespoons all-purpose flour
- 6 cups callaloo (amaranth) chopped and tightly packed (or substitute kale or collard greens)
- 1 cup cooked or 10.5-ounce can of butter beans, rinsed and drained
- 3 cups wild rice, cooked



Nutritional Information

Servings: 6

Cost: \$34.85/\$5.81 per serving

Calories: 616 per serving

Directions

- Season the oxtails with salt and pepper, set aside.
- Heat large, heavy-bottomed pot (like Dutch oven) over high heat.
- Add brown sugar to pot and cook until dark brown.
- Slowly add 2 tablespoons of hot water to the pot.
- Add the oxtails to pot and coat all sides with sugar mixture.
- Brown oxtails on all sides then remove from pot and set aside.
- Add the onions, garlic, ginger, pepper, thyme, allspice and scallions to pot, stir well and cook until onions are softened.
- Return oxtails to pot, add water to cover.
- Bring everything to a boil, then reduce to a simmer. Cover and cook for 1 hour, stirring occasionally.
- Add the sugar, soy sauce, and Worcestershire sauce. Cook for another 1–1 ½ hours or until the oxtails are tender.

- When finished cooking, ladle ½ cup of broth into a bowl, add flour and stir to make a roux.
- Add roux to pot and heat five minutes until the broth thickens.
- Remove the thyme stems and whole pepper.
- Add the callaloo or other greens to the pot, mix well. Add water if needed, then cook 10 minutes or until greens are softened.
- Fold in butter beans, cook until heated through.
- Serve with 1/2 cup rice per person, garnishing with scallions if desired.