

OXTAIL AND PRAWN POTJIE

Suitable for foodies with a big appetite.

This full-flavoured, hearty oxtail recipe is designed for those who know how to appreciate a stew with gusto!



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Prep time: 30 minutes
Cook time: 2 hours
Serves 6+ people

INGREDIENTS

2.5 kg oxtail, trimmed of excess fat
2 teaspoons paprika
1 teaspoon salt
1 teaspoon mixed peppercorns, coarsely ground
3 garlic cloves
50 ml olive oil
80 g butter
8 bay leaves
2 red onions, peeled and quartered
200 ml Old Brown Sherry

SAUCE

100 g butter
1 teaspoon pepper, coarsely ground
3 garlic cloves
600 ml Old Brown Sherry
1.5 liter canned tomato
2.5 liter water
1 kg king prawns, shells and head intact and veins removed
Handful of fresh parsley

INSTRUCTIONS:

1. Season oxtail with salt, pepper, paprika and garlic.
2. In the potjie, add olive oil, onions, butter and bay leaves.
3. Sauté until onions cook clear.
4. Add the seasoned oxtail and 200 ml sherry.
5. Simmer on your braai on low heat for 45 minutes, stirring the meat every five minutes (until the meat reaches a rich dark brown colour).

SAUCE

1. Add butter, pepper, garlic, 200 ml sherry, canned tomatoes, salt, green beans, carrots and baby potatoes.
2. Add water as needed, to ensure all the ingredients are covered in sauce.
3. Stir.
4. Bring the oxtail to the boil, then lower the heat to make sure the sauce doesn't burn on the bottom of the pot.
5. Cook for 3.5 hours, adding more water if necessary, to keep the sauce at a pouring consistency.
6. At the 2-hour mark, add the final 200 ml sherry and stir.
7. After 3.5 hours add the prawns to the top of the pot and let it simmer for 15 minutes.
8. Finish it off with freshly chopped parsley.
9. Serve with samp and beans, and your favourite bread to mop up the sauce.

MEGAMASTER RECIPE TIPS



TIP 01

Cooking with alcohol is safe for kids as the alcohol boils off in the cooking process.



TIP 02

To retain the natural juices and keep your meat tender, seal your meat in the pot before adding the marinade sauce.



TIP 03

To save time, cook your samp and beans the night before.