

OXTAIL AND BANANA POT



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- 1 Large Oxtail cut into pieces
- 3 medium onions
- 30 ml butter
- 2 garlic cloves
- 1/2 red chilli finely chopped
(I use chilli flakes aprox. tablespoon)
- 5 whole cloves
- 5 ml mixed herbs
- 2 bay leaves
- 500 ml warm water
- salt and pepper to taste
- 2 ripe bananas
- 5 medium carrots, cut into strips
- 12 baby potatoes
- 250 g Button Mushrooms
- 1 large tomato, sliced
- 5 ml Chopped parsley
- 10 whole small onions

Sauce

- 62 ml brown vinegar
- 20 ml tomato sauce
- 20 ml chutney
- 20 ml honey
- 10 ml medium curry powder

Smeer the pot with the butter and heat the pot. Brown the meat for about 15 minutes

Add the onions, garlic, chilli, cloves, herbs, bay leaves, salt and pepper and simmer for 15 minutes (if pot is too dry add some of the warm water).

Now add the 500 ml warm water, cover the lid and allow the pot to simmer for 2 hours.

In the meantime mix the ingredients of the sauce and put aside.

After 2 hours pack the bananas on top of the meat and layer the veggies as listed on recipe.

Sprinkle the parsley on the top, and then layer the onions and allow the pot to simmer.

Add the sauce and allow to simmer for a further 30 minutes.

Recipe and Photo: Marna Earle