

OXTAIL & DAIKON

Time: 4 hours (plus soaking and overnight refrigeration)

Serves: 6

Ingredients:

1.5kg oxtails
4 litres cold water (plus additional for soaking)
500g daikon - peeled and sliced into 5mm thick discs
40g garlic - finely chopped
12g kosher salt
2.5g fresh ground black pepper
6 green onions - sliced

Preparation:

Place the oxtails in a large pot or bowl and cover with cold water. Let stand for one hour then, discard water.

Place oxtails in a large pot on high heat and add the four litres of water. When a boil is reached, reduce to simmer for three hours. Skim off and discard any foam that forms on the surface during the simmering. Remove from heat.

Once the pot cools, cover and refrigerate overnight.

Remove any hardened fat from the surface and discard.

Place the pot on high heat, adding the daikon, garlic, 6 grams of the salt and the pepper. Bring to a boil then, reduce to simmer for twenty minutes. Remove from heat.

Check seasoning, adding as much remaining salt as required.

Serve topped with the green onions.

Nutritional Information Per Serving:

Calories: 320
Fat: 16g
Carbs: 4g
Fibre: 1g

Protein: 36g