



Jamaican Oxtail

SERVINGS: 4

PREPPING TIME: 20 min

COOKING TIME: 45 MIN

Ingredients

2.5lbs of Oxtails
3 Tbsp Gyaldem Kitchen Oxtail Seasoning
3 Tbsp of Olive Oil.
4 Scallions - cut into chunks.
2 Tbsp Cane Sugar
1 Tbsp Soy Sauce
1 Tbsp Worcestershire Sauce
1 Yellow Onion chopped
3 Garlic cloves chopped
2 Carrots Chopped
1 Tbsp Ketchup
2 Tbsp Water

Instructions

1. Rinse oxtails with water and vinegar and pat dry. Cover oxtails with cane sugar, soy sauce, Worcestershire sauce, salt, Gyaldem Oxtail Seasoning, browning and rub into oxtails.
2. Set Pressure Cooker on High Sauté and once hot, add olive oil. Next, add your larger oxtail pieces to the pot, flat side down about ¼ inch apart, and brown on each side.
3. Remove oxtail after browning and place in bowl.
4. Add onions, scallions, carrots and garlic. Stir and sauté for about 5 minutes or until the onions have softened.
5. Add oxtails and ketchup to the pressure cooker.
6. Press “Cancel” on your Instant Pot. Cover and cook on high pressure for 45 minutes. Once timer is done, allow pressure cooker to naturally release.
7. Once all pressure has released, open lid and remove oxtails and vegetables, leaving liquid behind. Turn Pressure Cooker on sauté. Once liquid begins to simmer, create a corn starch slurry by combining corn starch and water to a separate bowl. Stir into simmering liquid.
8. Add oxtails and vegetables back to the pressure cooker. Serve and enjoy

