

## Jamaican Oxtail Recipe

Most of the ingredients in this recipe can be found in your local grocery store but you may have to go to a West Indian/Jamaican butcher (Google is your friend is searching one out) to find oxtails. Get them to cut them into small pieces and try to grab tails with as little fat as possible. It will save you from skimming that fat off the top later on.

### Ingredients

2 Oxtails cut into small pieces.  
4 tomatoes  
2 red peppers  
1-2 scotch bonnet peppers  
1 large onion  
6 green onion  
Head of garlic  
Fat thumb of ginger  
a handful of FRESH thyme (30 stems)



### Instructions

Turn on the 'sear' function on the Breville Fast Slow Pro

Season the meat with salt and pepper and sear all sides. You will have to do it in batches but the Fast Slow Pro keeps the machine at the perfect temperature so we will get a beautiful sear on all sides.

While you are searing the meat get out your blender and start adding all the veggies (peeled). Once it is almost full give it a small whirl of the machine until it liquefies and you have space for the rest of the veggies. Blend until everything is incorporated.

Add salt and pepper to the mixed liquid to taste.

Once all the meat is done searing put it into the Fast Slow Pro and pour the blended vegetables over the top. Mix to ensure everything is coated with what will become the gravy.

Close the lid and turn on the Pressure Cooker function to 'Meat with Bone In' (12 psi) for 50 minutes.

The Fast Slow Pro will automatically de-pressurize and beep to let you know that dinner is served