

Oxtail & Tongue Stew with Rich Red Wine Sauce

Hands-on 20 minutes Overall 3 hours 30 minutes

Nutritional values (per serving, about 150 g/ 5.3 oz cooked meat + sauce):

Total carbs: 2.3 g, Fiber: 0.3 g, **Net carbs: 2 g**, Protein: 36.9 g, Fat: 36.9 g, Calories: 530 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

Meat:

- 1 oxtail, cut into short lengths (700 g/ 1.5 lb)
- 1 whole fresh pork or ox tongue or one more oxtail (900 g/ 2 lb)
- piece of 3-inch (7 1/2 cm) marrow bone
- salt and pepper to taste

Vegetables and Aromatics for the Sauce:

- 2 large carrots, peeled roughly chopped (200 g/ 7.1 oz)
- 2 large onions, roughly chopped (300 g/ 10.1 oz)
- 1 turnip, roughly chopped (150 g/ 5.3 oz)
- 2 celery sticks, roughly chopped (120 g/ 4.2 oz)
- zest of 1 medium organic orange
- bouquet garni made with fresh herbs (bunch of parsley and thyme) and 2-3 bay leaves
- 1/2 bottle good dry red wine such as Burgundy (350 ml/ 12 fl oz)

Suggested Sides:

- Steamed kale and/or green beans
- [Keto Cauli-Mash](#) or [Keto Celeriac Cauli-Mash](#)

Instructions

1. If you have time, it's best to soak the oxtail and tongue in salted water for 1-2 hours. Scrub the oxtail pieces under running water and place in a large pot or a [Dutch oven](#) together with the tongue and marrow bone.
2. Peel and roughly chop the vegetables.
3. Zest the orange and make the bouquet garni by tying them together with an unwaxed kitchen string.
4. Place them on top of the oxtail, tongue and marrow bone, and add enough cold water to cover completely (to about three quarters of the total capacity of your pot).

5. Slowly bring to a simmer, skimming off the brown scum as it rises to the surface.
6. Cover and cook over a low heat for at least 3 hours, or until the meat is tender and falling off the bones.
7. Remove the oxtail, tongue and marrow bone from the pot using a slotted spoon or tongs and place in a bowl to cool down. Remove and discard the vegetables and spices, and then strain the stock through a fine mesh sieve into another pot.
8. Add the wine and bring to a boil over a medium-high heat to reduce (I reduced mine to about 2 litres). When you have reached the reduction you require, take off the heat. Season with salt and pepper to taste. You should season at this point (not before reducing it) to prevent it from getting too salty.
9. While the sauce is reducing, remove the oxtail meat from the bones. Discard the bones and any large pieces of fat (unless you want to keep the fat in).
10. Peel the skin off the tongue and chop the meat into pieces. Discard the skin and the marrow bone.
11. Return the meat to the sauce and heat through. Serve with cauliflower mash and steamed vegetables such as kale and green beans. *Note: To make this recipe in a [slow cooker](#) or [Instant Pot](#), place all the ingredients in a preheated slow cooker and cook for 6 hours on high (or cook in an Instant Pot at "meat" pressure cooker mode). Then follow the recipe from Step 7.*

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