

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CODA ALLA VACCINARA (ROMAN OXTAIL STEW)

SALAD COURSE:

FENNEL, ORANGE & RADICCHIO SALAD WITH TOASTED PINE NUTS

INGREDIENTS

1 small fennel bulb, thinly sliced
1 head radicchio, leaves torn into bite-sized pieces
2 navel oranges, supremed (segments removed)
2 tbsp toasted pine nuts
2 tbsp extra-virgin olive oil
1 tbsp red wine vinegar
1 tsp honey
Salt and freshly ground black pepper

PREPARATION

Whisk olive oil, red wine vinegar, honey, salt and pepper in a small bowl.
Toss sliced fennel, radicchio and orange segments with the dressing.
Scatter toasted pine nuts on top just before serving.

PRESENTATION

Serve on chilled plates, arrange oranges visibly for color contrast, finish with a light drizzle of olive oil and a few whole fennel fronds for garnish.

ENTREE — CODA ALLA VACCINARA (ROMAN OXTAIL STEW) INGREDIENTS (SERVES 4–6)

3–4 lb oxtail, cut into pieces
Salt and freshly ground black pepper
1/2 cup all-purpose flour (for dusting)
3 tbsp olive oil + 1 tbsp butter
1 large onion, finely chopped
2 carrots, diced
2 celery stalks, diced
4 cloves garlic, minced
6 oz pancetta or guanciale, diced (optional but traditional)
1 cup dry red wine
2 cups beef stock (or more as needed)
1 can (14 oz) crushed tomatoes

2 tbsp tomato paste
2 bay leaves
1 tsp dried oregano
1/2 cup whole milk (or light cream) — used late to temper acidity (traditional touch)
1 tbsp sugar (optional, to balance tomatoes)
Zest of 1 orange (optional, Roman touch)
Handful of chopped flat-leaf parsley for finishing

PREPARATION

Season oxtail pieces with salt and pepper, dust lightly with flour. Shake off excess.

In a heavy Dutch oven, heat olive oil and butter over medium-high heat. Brown oxtail in batches until deep brown on all sides; transfer to a plate. Brown pancetta/guanciale briefly until fat renders. Remove if it browns too dark. Add onion, carrot and celery to pot (use fat from meat and pancetta). Cook until softened and beginning to caramelize, about 8–10 minutes. Add garlic and cook 30 seconds.

Return oxtail to pot. Deglaze with red wine, scraping up browned bits. Let wine reduce by half.

Stir in crushed tomatoes, tomato paste, beef stock to nearly cover meat, bay leaves, oregano and sugar (if using). Bring to a gentle simmer. Cover partially and cook very gently for 2.5–3 hours on the stovetop, or 3–4 hours in a 325°F (160°C) oven, until meat is fork-tender and falling from the bone. Add more stock if liquid reduces too much.

Once tender, remove oxtail pieces and strain sauce if desired; skim excess fat. Return meat to sauce. Stir in the milk/cream and orange zest, simmer 5–10 minutes to meld flavors. Adjust salt and pepper.

Remove bay leaves and finish with chopped parsley.

PRESENTATION

Serve the oxtail pieces in a deep warmed bowl with generous ladles of the braising sauce. Garnish with parsley and a little grated Pecorino Romano if desired. Provide crusty bread at the table to soak up the jus.

SIDE DISH 1 — CREAMY POLENTA WITH OLIVE OIL AND PECORINO

INGREDIENTS

1 cup coarse cornmeal (polenta)
4 cups water (or 2 cups water + 2 cups milk for richer polenta)
1 tsp salt
2 tbsp butter
1/2 cup grated Pecorino Romano or Parmigiano-Reggiano
Extra-virgin olive oil for drizzling

PREPARATION

Bring water (and milk if using) to a simmer. Whisk in polenta slowly to avoid lumps. Add salt.

Cook, stirring frequently, until thick and creamy (20–30 minutes for coarse polenta; quicker for fine).

Remove from heat, stir in butter and grated cheese. Adjust consistency with a little hot water if too thick.

PRESENTATION

Spoon polenta into a shallow serving dish, make a small well and drizzle with good olive oil. Place oxtail pieces on or beside the polenta, letting sauce mingle with the polenta.

SIDE DISH 2 — BRAISED ESCAROLE WITH GARLIC AND CHILI FLAKES

INGREDIENTS

1 large head escarole (or 1 lb), washed and roughly chopped

2 tbsp olive oil

3 garlic cloves, thinly sliced

1/4 tsp red pepper flakes (adjust to taste)

Salt, pepper, squeeze of lemon juice

PREPARATION

Heat olive oil in a wide pan. Sauté garlic and red pepper flakes briefly until fragrant.

Add escarole in batches, wilting each batch down; season with salt and pepper. Cover and cook 6–8 minutes until tender but still bright. Finish with a splash of lemon juice.

PRESENTATION

Serve in a shallow bowl alongside the polenta and oxtail; scatter a few crisp garlic slices on top for texture.

DESSERT — OLIVE OIL CAKE WITH LEMON MASCARPONE

INGREDIENTS

1 1/2 cups all-purpose flour

1 cup sugar

1/2 tsp baking powder

1/2 tsp baking soda

Pinch of salt

3 large eggs

1/2 cup extra-virgin olive oil

1/2 cup whole milk or buttermilk

Zest of 1 lemon, 2 tbsp lemon juice

1 cup mascarpone sweetened lightly with 1–2 tbsp powdered sugar (for serving)

PREPARATION

Preheat oven to 350°F (175°C). Grease a 9-inch cake pan. Whisk flour, sugar, baking powder, baking soda and salt.

In another bowl whisk eggs, olive oil, milk, lemon juice and zest. Combine wet into dry until smooth. Pour into pan and bake 30–35 minutes, until a toothpick comes out clean. Cool.

Serve slices with a dollop of lemon-sweetened mascarpone and a dusting of powdered sugar.

PRESENTATION

Plate a thin slice with a spoonful of mascarpone, a few lemon zest curls and optional fresh berries for color.

WINE PAIRING RECOMMENDED WINE: KAIKEN ULTRA MALBEC RED WINE

WHY THIS WINE

Kaiken Ultra Malbec offers rich dark-fruit flavors, plush mid-palate and rounded tannins that stand up to the gelatinous, unctuous texture and deep, savory flavors of the oxtail stew. Its ripe fruit character complements the tomato and braise notes, while its velvety tannins and moderate acidity cut through the richness of the meat and polenta, refreshing the palate between bites. This balance makes it an excellent match for the hearty Roman stew.