

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING IRISH-STYLE OXTAIL STEW

SALAD COURSE:

WARM PEAR & ARUGULA SALAD WITH TOASTED WALNUTS AND BLUE CHEESE

INGREDIENTS

4 cups baby arugula
2 ripe pears (Bosc or Bartlett), cored and thinly sliced
1/2 cup toasted walnuts, roughly chopped
3 oz blue cheese, crumbled (or Gorgonzola)
2 tbsp extra-virgin olive oil
1 tbsp white wine vinegar
1 tsp Dijon mustard
1 tsp honey
Salt and freshly ground black pepper to taste

PREPARATION

Whisk olive oil, white wine vinegar, Dijon, honey, salt and pepper to make the dressing.

In a large bowl combine arugula, pear slices and toasted walnuts.

Drizzle dressing and toss gently, then sprinkle with crumbled blue cheese.

PRESENTATION

Serve on chilled plates; arrange arugula and pears lightly so pears remain visible. Finish with a few whole walnut pieces and a light grind of black pepper.

ENTREE — IRISH-STYLE OXTAIL STEW (SERVES 4–6)

INGREDIENTS

3–3.5 lb oxtails, trimmed of excess fat
Salt and freshly ground black pepper
3 tbsp vegetable oil or beef drippings
2 large onions, diced
3 carrots, peeled and cut into 1-inch chunks
2 stalks celery, chopped
4 cloves garlic, minced
2 tbsp tomato paste

1 cup Guinness or dark stout (optional) or beef stock if preferred
4 cups beef stock (low-sodium)
2 bay leaves
2 sprigs fresh thyme (or 1 tsp dried thyme)
1 tbsp Worcestershire sauce
2 large potatoes, peeled and cut into 1-inch chunks
2 tbsp chopped fresh parsley (for garnish)

PREPARATION

Season oxtails generously with salt and pepper. **Brown:** heat oil in a heavy Dutch oven over medium-high heat. Sear oxtails in batches until deeply browned (4–5 minutes per side). Remove and set aside.

Reduce heat to medium. Add onions, carrots and celery; cook until softened and beginning to brown, about 8 minutes. Add garlic and tomato paste; cook 1–2 minutes more to caramelize.

Deglaze the pot with the stout (or 1/2 cup beef stock), scraping up browned bits. Return oxtails to pot. Add remaining beef stock, bay leaves, thyme and Worcestershire sauce. Bring to a simmer.

Cover and simmer gently on low for 2.5–3 hours (or transfer to 325°F/160°C oven). After 1.5–2 hours, add potato chunks and continue cooking until oxtails are fall-off-the-bone tender and sauce has reduced to a rich gravy.

Remove oxtails and reduce sauce if needed: skim fat, then simmer uncovered to thicken. Adjust seasoning with salt and pepper. Remove bones before serving, if desired.

PRESENTATION

Spoon a ladle of rich gravy onto the plate, place a portion of shredded oxtail meat on top, arrange a couple of whole glazed carrot pieces beside it, and sprinkle with chopped parsley. Serve with extra sauce in a small gravy boat.

SIDE DISH 1

CREAMY COLCANNON-STYLE MASHED POTATOES WITH CABBAGE

INGREDIENTS

2 lb Yukon Gold potatoes, peeled and cut
1/2 small green cabbage, thinly sliced
4 tbsp unsalted butter
1/2 cup whole milk or cream (adjust for desired creaminess)
Salt and pepper to taste
2 green onions, thinly sliced (optional)

PREPARATION

Boil potatoes in salted water until very tender, about 15–18 minutes. Drain. Meanwhile, sauté cabbage in 1 tbsp butter over medium heat until softened and slightly caramelized, about 8 minutes. Season lightly.

Mash potatoes with remaining butter and milk until smooth. Fold in sautéed cabbage and green onions. Season to taste.

Presentation

Spoon a generous mound of colcannon next to the oxtail stew, create a small well and dot with an extra pat of butter that will melt for presentation.

SIDE DISH 2

HONEY-GLAZED ROASTED ROOT VEGETABLES

INGREDIENTS

2 parsnips, peeled and cut into batons

2 carrots, peeled and cut into batons

1 small turnip or rutabaga, cut into chunks (optional)

2 tbsp olive oil

1 tbsp honey

1 tsp fresh thyme leaves or 1/2 tsp dried thyme

Salt and pepper

PREPARATION

Preheat oven to 425°F (220°C). Toss vegetables with olive oil, honey, thyme, salt and pepper.

Spread on a baking sheet and roast 25–30 minutes, turning once, until caramelized and tender.

PRESENTATION

Serve in a small side bowl or neatly arranged on the plate beside the mashed potatoes; finish with a light sprinkle of thyme.

DESSERT

WARM APPLE TART WITH VANILLA CREAM

INGREDIENTS

4 tart apples (Granny Smith or Bramley), peeled, cored and thinly sliced

1 sheet puff pastry (store-bought) or pre-made tart shell

2 tbsp sugar + 1 tsp cinnamon (for apples)

2 tbsp unsalted butter, dotted

1 egg beaten (for egg wash)

1 cup heavy cream

1 tsp vanilla extract

2 tbsp powdered sugar

PREPARATION

Toss apple slices with sugar and cinnamon. Lay puff pastry in a tart pan or on a baking sheet, arrange apples in overlapping rows, dot with butter, and brush

pastry edge with egg wash. Bake at 400°F (200°C) for 25–30 minutes until apples are tender and pastry is golden.

Whip heavy cream with vanilla and powdered sugar until soft peaks form.

PRESENTATION

Serve a warm slice with a dollop of vanilla cream on top and a light dusting of cinnamon. Optionally drizzle a little caramel sauce.

WINE PAIRING

RECOMMENDED WINE: KAIKEN ULTRA MALBEC RED WINE

Why this wine

The Kaiken Ultra Malbec offers ripe dark-fruit flavors, firm but smooth tannins, and a touch of smoky oak which complements the deep, gelatinous richness of oxtail. Its acidity balances the stew's fat and the wine's fruit and spice notes harmonize with the caramelized vegetables and the savory, umami-rich gravy. Overall, it supports both the hearty meat and the slightly sweet roasted sides without overpowering them.