

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING JAMAICAN-STYLE OXTAIL STEW

SALAD CARIBBEAN LIME & CABBAGE CRUNCH

INGREDIENTS

4 cups shredded green cabbage
1 cup shredded carrots
1 small red onion, thinly sliced
1/2 cup chopped fresh cilantro (or parsley)
Juice of 1 lime
2–3 tbsp olive oil
1–2 tsp honey (optional, for balance)
1/2 tsp salt, plus more to taste
1/4 tsp black pepper
Pinch of chili flakes (optional)

PREPARATION

In a large bowl, combine cabbage, carrots, and red onion.
Whisk lime juice, olive oil, honey, salt, pepper, and chili flakes (if using).
Toss salad with dressing; let sit 10 minutes for a brighter flavor.

PRESENTATION

Serve in a chilled bowl.
Top with cilantro and an extra squeeze of lime right before serving.

ENTREE: JAMAICAN-STYLE OXTAIL STEW RICH, SPICED, AND SLOW-SIMMERED

INGREDIENTS (SERVES 4–6)

3–4 lb oxtails, trimmed
1 tbsp neutral oil
1 large onion, diced
3–5 cloves garlic, minced
1 tbsp fresh ginger, grated (or 2 tsp ground ginger)
1–2 tbsp thyme (fresh preferred)

1–2 tsp allspice (or 1/2 tsp ground allspice + extra thyme)
1 tsp smoked paprika (optional but great)
2–3 tbsp tomato paste
1–2 cups beef stock (as needed)
1 can (14–15 oz) crushed tomatoes (or 2–3 cups chopped tomatoes)
2–3 sprigs scallion (or 1/2 cup scallion, chopped)
1–2 scotch bonnet peppers (or 1 small habanero), whole or halved (use carefully)
2–3 medium carrots, chopped
2–3 stalks celery, chopped
1–2 tbsp brown sugar (optional for a mellow balance)
Salt and black pepper, to taste
1–2 tbsp vinegar or lime juice (to brighten at the end)
1–2 tbsp cornstarch + 1 tbsp water (optional thickener)

PREPARATION

Season & brown: Pat oxtails dry. Season generously with salt, pepper, allspice, and thyme. Heat oil in a heavy pot and brown oxtails in batches.

Build flavor: In the same pot, sauté onion until softened. Add garlic and ginger; cook 30–60 seconds. Stir in tomato paste and cook 1 minute.

Simmer base: Add crushed tomatoes, scallion, thyme, carrots, celery, and enough beef stock to partially cover the meat. Add the scotch bonnet peppers (keep whole/halved).

Slow cook: Bring to a gentle simmer, then cover and cook 2.5–3.5 hours (until oxtails are very tender). Stir occasionally and add more stock if needed.

Finish & adjust: Taste and adjust salt/pepper. Remove peppers if you want less heat. Add vinegar/lime juice to lift flavors. If you want thicker stew, stir in a cornstarch slurry and simmer 5–8 minutes.

PRESENTATION

Ladle stew into warm bowls.

Spoon some of the carrots/celery over the oxtails.

Finish with a light drizzle of oil or a final pinch of black pepper and chopped scallion.

SIDE DISH 1:

GARLIC BUTTER RICE (PERFECT FOR STEW)

INGREDIENTS

2 cups long-grain rice (or jasmine)
1 tbsp olive oil or butter
3 cloves garlic, minced
4 cups chicken or beef broth (or water + broth seasoning)
1/2 tsp salt
1/4 tsp black pepper
Optional: 2 tbsp chopped parsley
Preparation

Rinse rice until water runs clearer.

Sauté garlic in oil/butter for 30 seconds.

Add rice, stir to coat, then add broth, salt, and pepper.

Bring to a boil, cover, and simmer 15–18 minutes (until tender). Rest 5 minutes, fluff.

PRESENTATION

Serve in a mound next to the stew or on a shallow platter.

Sprinkle with parsley if using.

SIDE DISH 2: ROASTED GARLIC YAMS (CAMELIZED & COMFORTING)

INGREDIENTS

2–3 medium yams, peeled and cut into chunks

2–3 tbsp olive oil

2 tsp garlic powder (or minced garlic)

1 tsp brown sugar (optional)

1 tsp salt

1/2 tsp black pepper

1/2 tsp cinnamon (optional, for warmth)

Pinch of chili flakes (optional)

PREPARATION

Heat oven to 425°F / 220°C.

Toss yams with oil, garlic, salt, pepper, and optional sugar/cinnamon/chili.

Spread on a sheet pan; roast 25–40 minutes, turning once, until browned and tender.

PRESENTATION

Plate with a spoonful of pan juices.

Optional: top with chopped cilantro for a fresh contrast.

DESSERT: CAMELIZED PINEAPPLE & RUM-STYLE VANILLA CUSTARD

INGREDIENTS

1 can (20 oz) crushed pineapple in juice (or 2 cups fresh pineapple)

1/2 cup sugar (or to taste)

1 tbsp butter

2 tbsp cornstarch

2 cups milk (or half-and-half for richer custard)

1 tsp vanilla extract

Pinch of salt

Optional: 1–2 tbsp dark rum for flavor (can omit)

PREPARATION

In a saucepan, warm butter and crushed pineapple with sugar until slightly reduced (5–8 minutes).

Mix cornstarch with a splash of milk; stir into the pot.

Add remaining milk and cook over medium heat, stirring, until thickened (3–6 minutes).

Turn off heat; stir in vanilla (and rum if using). Cool slightly before serving.

PRESENTATION

Spoon into small bowls.

Serve warm or chilled; top with a little extra pineapple for shine.

WINE PAIRING

Ô DE ROSÉ FAMILLE DE LORGERIL ROSÉ WINE

A dry, crisp rosé cuts through the stew's richness and spiced depth while refreshing the palate between bites. It also handles moderate heat well and complements the caramelized-sweet notes in the sides and dessert without overpowering the flavors.