

Jamaican Oxtail Recipe

3 lb oxtail • rich gravy • butter beans • traditional Jamaican seasoning

Yield	About 6 servings	Prep	25 minutes
Marinate	2 hours or overnight	Cook	2½–3 hours

Ingredients

- 3 lb oxtail, trimmed of excess fat
- 1½ tsp salt, or to taste
- 2 tbsp Jamaican all-purpose seasoning
- 1 tsp ground black pepper
- 1 tsp crushed pimento (allspice)
- 1 tbsp Jamaican browning
- 4 scallions, chopped, divided
- 5 sprigs fresh thyme, divided
- 4 cloves garlic, minced
- 1 medium onion, sliced, divided
- 1 tbsp fresh ginger, grated
- 1 whole Scotch bonnet pepper
- 2 tbsp cooking oil
- 3–4 cups water, added as needed
- 2 medium carrots, cut into chunks
- 2 medium Irish potatoes, cut into chunks (optional)
- 1 can (15 oz) butter beans, drained and rinsed

Directions

- 1. Season:** Pat the oxtail dry. Add salt, all-purpose seasoning, black pepper, pimento, browning, half the scallion and thyme, garlic, half the onion, and ginger. Massage the seasoning thoroughly into every piece.
- 2. Marinate:** Cover and refrigerate for at least 2 hours. Overnight gives deeper flavor.
- 3. Brown:** Heat the oil in a heavy pot over medium-high heat. Brown the oxtail in batches on all sides. Do not crowd the pot.
- 4. Tenderize:** Return all oxtail to the pot. Add enough water to come partway up the meat, about 3 cups to start. Bring to a boil, cover, reduce the heat, and simmer gently for about 2 to 2½ hours. Add a little more water when necessary. Cook until the meat is fork-tender.

5. Finish the pot: Add carrots, potatoes if using, remaining scallion, thyme and onion, the whole Scotch bonnet, and butter beans. Keep the Scotch bonnet whole for flavor without excessive heat.

6. Make the gravy: Simmer uncovered or partially covered for another 20–30 minutes, until the vegetables are tender and the cooking liquid reduces to a rich gravy. Stir gently so the tender oxtail does not break apart.

7. Taste and serve: Taste the gravy and adjust salt or seasoning if needed. Serve hot with rice and peas, white rice, or your favorite Jamaican sides.

Chef's Notes

Oxtail pieces naturally vary in size and shape. Larger pieces may take longer to become tender. Keep the pot at a gentle simmer and judge doneness by tenderness rather than the clock alone.

Food safety: cook beef thoroughly and handle raw meat separately from ready-to-eat foods.

Troy Rhoden Webstore • Full recipe, video and more Jamaican cooking content available on the website.