

WEST INDIAN OXTAIL

5 lbs. cut up oxtails
Salt
Paprika
Curry powder
Fresh thyme (or bottled thyme)
Tomato sauce
Garlic (garlic powder)
Onions
Green pepper
Whole cloves

Cut off excess fat. Season with salt, garlic (or garlic powder), paprika, black pepper and a dash of curry powder and let stand overnight.

Place oxtails in foil pan in oven and brown all sides. Drain and place oxtails in a deep pot on stove, add cut up onions, green pepper, fresh thyme (or bottled thyme) and 1 can tomato sauce. Use the empty tomato sauce can to add 2 1/2 cans of water to pot. Stir all ingredients in well.

Bring pot to a fast boil, then lower flame. Before covering pot, taste and season to your satisfaction, then add 4 to 5 whole cloves. Cover pot tightly and let cook on low flame for 1 1/2 hours. Serve with white rice and garlic bread. (Optional: You can add a spoon of "brandy" when you add the cloves.)