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## OXTAIL BONE BROTH PHO

Oxtail, bone marrow, fresh herbs, sesame, rice noodles

This low calorie hearty healthy broth is a joy to cook with ease and it fills your kitchen with a beautifully aromatic scent, that will get everyone in the house salivating!

The nutrients, vitamins and collagen from the bones strengthen your immune system with the spices giving a healing quality.

We recommend getting this broth cooking in the morning (if you're planning on eating it for your evening meal), as the longer it has to bubble, the more flavour and goodness will be released!

Included in your meal kit:

4 pieces of oxtail

4 pieces of crosscut femur bone marrow

Half a split pork trotter

400g of instant cooking noodles

4 carrots

1 onion

4 cloves of garlic

1 bay leaf

Black pepper corns

Juniper

Star anise

Corianders seeds

Soft herbs

Mint

Parsley

Aromatic Basil

Enriching dressing:

Sweet chilli

Soy sauce

Rice wine vinegar

Sesame oil



## Method of Cooking

Put the raw oxtail, bone marrow, trotter, carrot and onion onto a roasting tray, put a little oil and salt, on them and then roast for 25 minutes. You want to give them a deep caramelised colour, to gain the best flavour for your broth.



Once the bones are roasted and slightly cooled, transfer to a large saucepan. Add the bones and then put a little water onto the roasting tray and, with a spatula, rub off all the bone residue and pour into your saucepan.

Cover the bones with 5 litres of water. Add the aromatics (bay, black peppercorns, juniper, star anise and coriander seeds). Put the lid on and simmer very gently for 4-5 hours. Top up the pot with water as it reduces.

Once cooked, strain the broth in a colander, then put the broth back on to the hob. Add the enrichment dressing and salt to taste.

Blanch the noodles in water or in the broth for 6-8 minutes. If you have a colander that fits in the pot or a sieve, blanch your noodles in this so that they are easily accessible for plating.



Pick the meat off the oxtail and put aside. Place the noodles in a bowl and layer the meat on top. Ladle the hot broth into the bowl, making sure the noodles are covered. Add the fresh herbs.



Enjoy your nourishing meal with your whole household