Ox-Tail Stew

Makes: 4 servings

Ingredients

- 2 ox tails
- 2 onions, sliced
- 1 ½ quarts water (6 cups)
- 4 carrots, diced
- 2 turnips, diced
- 1 large potato, diced
- salt and pepper to taste
- 1 teaspoon Worcestershire sauce
- 1 tablespoon flour
- 1 tablespoon chopped parsley
- slices of lemon

Directions

1. Disjoint the ox tails into short lengths, and brown in their own fat.
2. Cook the onions in the drippings, then add to the meat with the water, and simmer for about 2 ½ hours, or until the meat is almost done.
3. Add the carrots, turnips, and potato, and cook until the vegetables are tender.

4. Add the salt, pepper, and Worcestershire sauce, then thicken the stew with the flour mixed with a little cold water and cook for a few minutes longer.
5. Sprinkle with the parsley and garnish with slices of lemon.

Recipe from: *Aunt Sammy's Radio Recipes Revised*, 1931, adapted?by the USDA Food and Nutrition Administration.

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