

## Niquelandia Ox Tail, Marcelo Ribeiro, MDH-McDonald Holdings

### Ingredients:

- 1 kg Ox Tail
- 0.3 kg Beef Tendon
- 0.5 kg Tomatoes
- 0.4 kg Onion
- Salt
- Black pepper
- Fresh Coriander
- Fresh Spring Onion
- Fresh Garlic



### Method:

- Place the ox tail with the bones touching the bottle of the Pressure cooker
- Cover with onions and tomatoes
- Add water to cover half of the cooker
- Add Salt/Black pepper/fresh garlic
- Cook on high pressure for 30-40 min. Every 15 min open it to check the water level
- Add Coriander and Spring onion e boiled it opened for another 10 min.