

# 2024 UConn Dining Culinary Olympics Winning Recipe

## **Jamaican Oxtail with Fried Dumplings**

Bryan Gray

### **Dumplings:**

2 cups all-purpose flour  
1 tablespoon baking powder  
1 ¼ teaspoon salt  
4 teaspoons sugar  
1/4 cup vegan butter  
2/3 cup warm water  
Oil-as needed

1. Sift the flour, baking powder and salt in a medium bowl. Add the granulated sugar and whisk it all together.

2. Add the room temperature butter to the dry ingredients and use your hands to spread it evenly.

3. Pour the water little by little and mix it all together, by using your hand to form a dough. Don't over work the dough. It will be soft, but this is what will make the dumplings soft on the inside and crispy on the outside.

4. Leave the dough in the bowl and cover it with plastic wrap. Leave it covered for about an hour or let it stay overnight (which is even better).

5. Dust your surface with a small amount of flour and knead the dough. Divide into six pieces and use both hands (the palm of your hand) by doing a circular motion to form each piece into a ball. Set each ball aside.

6. Pour about 2 cups of oil in a deep medium pot. Allow the oil to be heated at about 300 F degrees.

7. Add each ball to the heated oil and let them fry for about 8 to 10 minutes by rotating each side as it fries. I used a deep fryer to fry this recipe.

8. Put them on a paper towel to drain off any excess oil and cool. Enjoy them while they are warm.

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## **Jamaican Ox Tails**

2.5 lbs oxtails  
1/4 cup brown sugar  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce  
1 tablespoon salt  
2 teaspoons garlic powder  
1 teaspoon black pepper  
1 teaspoon ground allspice  
1 teaspoon browning  
2 teaspoons vegetable oil  
1 yellow onion, chopped  
4 green onions, chopped  
1 tablespoon garlic, chopped  
2 whole carrots, chopped  
1 scotch bonnet or habanero pepper, seeds & membrane removed & chopped  
1 cup beef broth  
1 tbsp ketchup  
1 teaspoon dried thyme  
2 tablespoons water  
1 tablespoon cornstarch  
1 16 oz can butter beans, drained

## **Instructions**

1. Rinse oxtails with water and vinegar and pat dry. Cover oxtails with brown sugar, soy sauce, Worcestershire sauce, salt, garlic powder, black pepper, and allspice, then rub into oxtails.
2. Set the pressure cooker on High Sauté and once hot, add vegetable oil. Next, add your larger oxtail pieces to the pot, flat side down, about ¼ inch apart, and brown on each side.
3. Remove oxtail after browning and place in a bowl.

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4. Deglaze your pressure cooker by adding about 2 Tbsp of beef broth to the insert. Use a wooden spoon to deglaze your pot, scraping up the browned bits at the bottom. Then add your yellow onions, green onions, carrots, garlic, and scotch bonnet pepper. Stir and sauté for about 5 minutes or until the onions have softened.
5. Add dried thyme, oxtails, remaining beef broth, and ketchup to the pressure cooker insert.
6. Press “Cancel” on your Instant Pot. Cover and cook on high pressure for 45 minutes. Once the timer is done, allow the pressure cooker to naturally release.
7. Once all pressure has released, open the lid and remove oxtails and vegetables, leaving liquid behind. Turn pressure cooker on sauté. Once the liquid begins to simmer, make a cornstarch slurry by combining cornstarch and water in a separate bowl. Stir into simmering liquid. Add the drained butter beans to the pressure cooker and simmer for about 5 minutes, until the liquid is slightly thickened and the butter beans are warmed.
8. Add oxtails and vegetables back to the pressure cooker. Serve and enjoy.

### **Slow Cooker Instructions**

Prepare the recipe as instructed up to the point where the oxtails need to be browned. Brown the oxtail over medium-high heat in a skillet on the stovetop.

Once the oxtails are browned, deglaze the skillet by adding 2 Tbsp of beef broth. Add onions and carrots to the skillet and stir until onions have softened. Add these ingredients to the slow cooker, along with all remaining ingredients except the butter beans.

Cook on low heat for 8-10 hours or until oxtail is tender. 30 minutes before serving, create a cornstarch slurry by combining corn starch and water in a separate bowl. Stir into the slow cooker along with the drained butter beans.

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## **Jamaican Coconut Dipping Sauce**

1/2 cup canned coconut milk  
4 peeled and chopped shallots  
1 tablespoon fresh thyme  
1 tablespoons curry powder  
1/2 teaspoon salt  
1/2 teaspoon pepper

Combine coconut milk, shallots, thyme, curry, salt, and pepper in saucepan over medium heat.

Stir and cook until thickened.

Once shallots are soft, your sauce is ready to go.