

2025 UConn Dining Culinary Olympics Winning Recipe

Oxtail Mac & Cheese Bites

Brian Gray

Oxtail

1 Lb. Oxtail

3 T coconut oil

1 bay leaf

½ T tomato paste

1 cup veg broth

2 sprigs of thyme

Salt and Pepper to taste

1. In a large pot, mix together coconut oil, bay leaf, tomato paste, vegetable broth, thyme, salt, and pepper.
2. Add Oxtail and simmer over medium heat until tender.
3. Drain, allow the oxtail to rest, and chop into pieces.

Pasta

¾ lb. uncooked elbow pasta

1. Cook pasta in salted boiling water until al dente.
2. Drain and set aside.

White Sauce

4 T Flour

5 T Butter

3 Cups Milk-(Tempered)

¼ t nutmeg

1 ½ t salt

1 lb. gruyere and Swiss cheese, grated

1 lb. sharp cheddar cheese, grated

1. In a saucepan over medium heat, melt butter and flour together, cooking and stirring until golden brown.
2. Whisk milk and spices into the roux, stirring constantly.
3. When the sauce is creamy, stir in the cheese a little at a time until smooth.
4. Combine cooked pasta and sauce, then add oxtail.
5. Mix well and then form pasta croquettes.

Finishing Croquettes

2 lbs. Panko Breadcrumb

4 Eggs

2 t all-purpose seasoning

- Mix together breadcrumbs and all-purpose seasoning in a bowl.
- In another bowl, beat the eggs.
- Working with each croquette at a time, dip it in egg, then coat it in breadcrumbs.
- Heat 2 inches of vegetable oil in a medium saucepan until 350 degrees.
- Working in batches fry croquettes until golden and crispy, about 2 minutes turning as needed. Transfer to a paper-lined plate to drain, serve HOT.