

Braised (Slow Cooked) Beef Cheeks

Quantity	4-6 Portion (Main Course)
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Category	Main Courses Dishes
Time	Marinating Beef Cheeks 1 day Preparation time 30 - 45 minutes Cooking time 3 ½ - 5 hours
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Difficulty	Intermediate

Ingredients

QUANTITY	UNIT	PRODUCE
1	KG	Beef Cheeks
MARINADE		
50	ML	Olive oil, cooking
1	PC	Orange rind and juice
2	SPRIG	Rosemary fresh
3	GR	Thyme leaves dry
2	GR	Tarragon leaves dry
2	CLOVES	Garlic fresh, crushed
1	PC	Star Anise, crushed
4	PC	Juniper Berries crushed
10	PC	Black peppercorns crushed
1	PC	Cloves
1	PC	Bay leaves
150	ML	Red Wine cooking
30	ML	Olive oil, cooking
	To taste	Sea salt Flakes (Maldon)
	To taste	Black pepper from the Peppermill
30	GR	Onion white, peeled, cubed
10	GR	Celery, peeled, cubed
10	GR	Carrots, peeled, cubed
10	GR	Leek, cubed
1	PC	Tomato fresh, cubed
5	GR	Parsley flat, stem, chopped
5	GR	Tomato paste
1	CAN	Tomatoes chopped
650	ML	Red Wine cooking
1	PC	Beef cube (or ½ lt beef stock)
1/2	LT	Water
20	GR	Parsley flat, chopped

Mise en place / Pre-Preparation

-Put all ingredients (Marinade) into a bowl covering the beef cheeks and store in fridge (ideal 1 day before cooking)

Follow instruction on my Picture Recipe for this dish / recipe (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed

http://www.enabledcooking.com/wp-content/uploads/2015/07/PR_BraisedBeefCheeks.pdf

Remarks / Comments:

-Served with Polenta or Mashed Potatoes with Honey & Orange roasted Beetroots
-Serve with a glass of Shiraz from the Barossa Valley (Eden Hall, Eden Valley, S.A. 2009)

