

When I worked in the butchers we certainly could get Ox Cheeks but having tried them we decided not to both again. They just wouldn?t sell. But then the TV Chefs got their hands on them! Suddenly Oz Cheek was the new Gold and the price increased accordingly. So generally this dish would have been out of our budget, but we were given the meat by a very kind friend and it deserved some special treatment?.

This is a slow cook recipe, so sit back and enjoy the aroma as it cooks.

Ingredients:-

2 Ox Cheeks
Flour (Gluten free in our case)
Bacon Lardons
2 Onions, chopped
3 Bay Leaves
6 Cloves of Garlic, sliced
5 Tsp of Tomato Puree
1 Tsp of ground Cinnamon
500ml of Beef Stock
1 Sprig of fresh Thyme
1 Sprig of Rosemary
1 Star Anise
2 Carrots, chopped
2 sticks of Celery, chopped
2 Tbsp of Fish Sauce

175ml of Red Wine
3 Cloves
Salt & fresh ground Black Pepper
Butter (Margarine) & Oil

Method:-

(1) Season the Ox Cheeks with Salt & Pepper and coat in Flour.
(2) Fry in a little Butter & Oil and sear on both sides.
(3) Remove from the pan and set aside.
(4)Add a little more Oil to the frying pan and fry the Onions, Carrots, Celery and Garlic until softened.
(5) Fry for a further 2 minutes.
(6)Stir in the Tomato Puree and Red Wine and simmer for 2 minutes.
(7) Add the Beef Stock and continue to simmer for a few more minutes.
(8)Add the Cinnamon, Cloves, Bay Leaves, Star Anise, Fish Sauce, Rosemary & Thyme and simmer for 5 minutes.
(9) Transfer half of the the sauce to a slow cooker of casserole dish.
(10) Place the Ox Cheeks on top and cover with the remaining Sauce.
(11) Cook on high (Slow cooker) or 160c on the bottom shelf in the oven for at least 6 hours.
(12) Remove the Rosemary, Thyme, Bay leaves and Star Anise before serving.

We served ours over a bed of whole grain Mustard mashed Potat6o and tender stem Broccoli. The Ox Cheeks were superbly tender and the sauce had a real depth of flavour. Well worth the time!