

# SLOW-COOKED BEEF CHEEKS



DAIRY WOMEN'S  
NETWORK  
success through inspiration

## Cook Time:

*3-3 1/2 hours in the oven or 8 hours on Low in Slow Cooker*

## Ingredients

### For the Beef

4 Quality Mark beef cheeks

3 Tbsp seasoned flour

2 diced celery stalks

1 finely diced carrot

1 finely diced onion

3 crushed garlic cloves

2 Bay leaves

1 piece orange zest

1 tsp ground cumin

1/2 tsp allspice

1 cup red wine

2 cups beef stock

### To serve

polenta or mashed potato

carrot

parsley

## Method

1. Preheat the oven to 160°C.
2. Add a dash of oil to a large casserole dish (one that is suitable for stovetop and oven) and place over a medium-high heat.
3. Dust beef cheeks with seasoned flour, place in casserole dish and brown on both sides (do this in batches to avoid overcrowding the dish).
4. Transfer to a plate as you go.
5. Lower the heat and add another dash of oil.
6. Add the celery, carrot and onion and cook until soft.
7. Add the garlic, bay leaves, orange rind, ground cumin and allspice and cook for a further one minute.
8. Return browned beef cheeks to the casserole dish, pour in the red wine and bring to the boil.
9. Pour in the beef stock, bring up to the boil again then cover with a disc of baking paper and a tight fitting lid.
10. Place in the oven and cook for 3-3 1/2 hours or until the beef cheeks are almost falling apart.
11. Stir beef cheeks halfway through cooking and check seasoning as required.

