

Just once in a while our supermarket within walking distance have Ox Cheek. We?ve done a similar recipe before, but it was certainly worth a repeat! (http://www.eatwellonuc.org.uk/index.php/recipes/436-braised-ox-cheeks)

At just over £4 we had more than enough for the two of us and some meat left over for the Foxes tonight.

Ingredients:-

1 Ox Cheek, cut into equal halves
1 Onion, diced
3 Cloves of Garlic, minced
2 Tbsp of Tomato Puree
3 Bay Leaves
120ml of Red Wine
400 Ml of Beef Stock
100g of Mushrooms, quartered
2 Tbsp of Plain Flour (Gluten free for us)
100g of Smoked Bacon Lardons
2 Tbsp of Olive based Margarine
1 Tbsp of Oil
Salt & Pepper to season

Method:-

(1) Season the Flour with Salt & Pepper.
(2) Coat the meat in the seasoned Flour.
(3) Heat the Margarine and Oil over a medium heat in a Dutch Oven, adding the Ox Cheeks to brown all over.
(4) Remove and set aside.
(5) Add the Lardons, Onions, Bay Leaves and cook until the Onions softens.
(6) Stir in the Tomato Puree, Garlic, Wine, Beef Stock and allow to simmer for a minute or so.
(7) Return the Ox Cheek and cover with the lid.
(8) Place in a pre-heated oven at 160c for up to 4hours, until the meat is very tender.
(9) half way through cooking stir in the Mushrooms.
(10) Before serving remember to remove the Bay Leaves.

We served ours over Mashed Potatoes with Chopped Spring Onions stirred in, Baby Sweetcorn, Peas and Chives as a garnish. The whole dish is very Rich, hearty and filling.